

Monticello Community Center

Winter 2023 Swimming Lessons

The MCC proudly offers the American Red Cross Learn to Swim program to members and non-members. This winter we are offering group swimming lessons.

Group Lessons

- Each session includes six 45-minute lessons.
- Cost: Members \$61 / Non-Member \$75
- Member registration begins Wednesday, Dec 14 at 8 a.m.
- Non-Member registration begins Friday, Dec 16 at 8 a.m.
- Member registration begins Wednesday, March 16 at 8 a.m.



Winter Session 1

Monday Group Lessons

January 9,16,23,30, February 6,13

<u>Preschool</u>	5:00 p.m.—5:45 p.m.
<u>Level 1</u>	5:55 p.m.—6:40 p.m.
<u>Level 3</u>	6:50 p.m.—7:35 p.m.

Thursday Group Lessons

January 12,19,26, February 2,9,16

<u>Preschool</u>	5:00 p.m.—5:45 p.m.
<u>Level 1</u>	5:00 p.m.—5:45 p.m.
<u>Level 2</u>	5:55 p.m.—6:40 p.m.
	6:50 p.m.—7:35 p.m.
<u>Level 3</u>	5:55 p.m.—6:40 p.m.
<u>Level 4</u>	6:50 p.m.—7:35 p.m.

Winter Session 2

Monday Group Lessons

February 27, March 6,13,20,27 April 3

<u>Level 1</u>	5:55 p.m.—6:40 p.m.
<u>Level 2</u>	5:00 p.m.—5:45 p.m.
<u>Level 4</u>	6:50 p.m.—7:35 p.m.

Thursday Group Lessons

March 2,9,16,23,30 April 6

<u>Preschool</u>	5:00 p.m.—5:45 p.m.
	5:55 p.m.—6:40 p.m.
<u>Level 1</u>	5:55 p.m.—6:40 p.m.
<u>Level 2</u>	5:00 p.m.—5:45 p.m.
<u>Level 3</u>	6:50 p.m.—7:35 p.m.
<u>Level 4</u>	6:50 p.m.—7:35 p.m.

Upcoming Swimming Lesson Session Information

Spring 2023 Swimming Lessons Registration

Members: April 5, 2023 @ 8:00 a.m.

Non-Member : April 7, 2023 @ 8:00 a.m.

Summer 2023 Swimming Lesson Registration

Members : May 17, 2023 @ 8:00 a.m.

Non-Members: May 19, 2023 @ 8:00 a.m.

Lesson Level Descriptions

Parent/Child: Parent attends with the child in the water at all times. Swimmers learn to be comfortable in and around water and prepare to learn how to swim. Water adjustment skills, blowing bubbles, floating and water safety are introduced.

Preschool: Ages 3-4, swimmers are introduced to water exploration, entering, and exiting water, blowing bubbles, floating and gliding on both front and back, arm movements, flutter kicking, and water safety.

Level 1—Introduction to Water Skills: Swimmers are introduced to floating, gliding, submerging, and alternating arms. Retrieving submerged objects and staying safe around aquatic environments.

Level 2—Fundamental Aquatic Skills: Swimmers learn to float without support and recover to a vertical position. Treading water and fundamental skills of propelling themselves arm and leg actions with flutter kicking are taught.

Level 3—Stroke Development: Swimmers learn to coordinate the front and back crawl strokes. They are introduced to elementary backstroke and treading water, and additional safety skills are covered. Building on Level 2 skills.

Level 4—Stroke Improvement: Swimmers develop strength and endurance using the back crawl, front crawl, and elementary backstroke. Breaststroke and sidestroke are introduced.

Level 5—Stroke Refinement: Swimmers focus on coordination and refinement of the front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke. Distance and flip turns are also developed.

Additional Information: You can find helpful information, reminders, and the online registration link on the Monticello Community Center website: www.monticellocommunitycenter.com.

