

# Monticello Community Center

## Fall 2022 Swimming Lessons

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

### Group Lessons

- Each session includes six 45-minute lessons.
- Cost: Members \$55 | Regular \$65
- Member registration begins Wednesday, Sept. 21 at 8 a.m.
- Non-member registration begins Friday, Sept. 23 at 8 a.m.

### Private Lessons

- Each session include four 45-minute lessons.
- Cost: Members \$107 | Regular \$143
- Member registration begins Wednesday, Sept. 21 at 8 a.m.
- Non-member registration begins Friday, Sept. 23 at 8 a.m.



### Monday and Wednesday Afternoon Group Lessons

**October 2, 5, 10, 12, 17, 19**

Level 1      2:40 p.m. - 3:25 p.m.

### Private Lessons

**Thursdays: October 13, 20, 27;**

**November 3**

5:00 p.m. - 5:45 p.m.

5:55 p.m. - 6:40 p.m.

6:50 p.m. - 7:30 p.m.

### Sunday Afternoon Group Lessons

**October 16, 23, 30; November 6, 13, 20**

Preschool      3:55 p.m. - 4:40 p.m.

4:50 p.m. - 5:35 p.m.

Level 1      3:00 p.m. - 3:45 p.m.

4:50 p.m. - 5:35 p.m.

Level 2      3:00 p.m. - 3:45 p.m.

4:50 p.m. - 5:35 p.m.

Level 3      3:00 p.m. - 3:45 p.m.

3:55 p.m. - 4:40 p.m.

Level 4      3:55 p.m. - 4:40 p.m.

### America Red Cross Water Safety Instructor Certification Classes

Friday, Oct. 14      5:00 p.m. to 9:00 p.m.

Saturday, Oct. 15      8:00 a.m. to 6:00 p.m.

Sunday, Oct. 16      8:00 a.m. to 6:00 p.m.



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## Fall 2022 Swimming Lessons

### Lesson Level Descriptions:

#### **Parent/Child**

A parent attends each lesson with their 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**

Building on their Level 2 skills, 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.

#### **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's website:

**[www.monticellocommunitycenter.com](http://www.monticellocommunitycenter.com)**.



**American  
Red Cross**