

Monticello Community Center

FALL 2023 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 \$65 | Regular \$71
- Member registration begins Wednesday, Sept. 13 at 8 a.m.
- Non-member registration begins Friday, Sept. 15 at 8 a.m.

Private Lessons

- Each session includes four 45-minute lessons.
- Cost: Members \$118 | Non-members \$164
- Member registration begins Wednesday, Sept. 13 at 8 a.m.
- Non-member registration begins Friday, Sept. 15 at 8 a.m.



Monday Group Lessons

October 9, 16, 23, 30; November 6, 13

Level 1	10:20 a.m. - 11:05 a.m.
Level 2	9:25 a.m. - 10:10 a.m.
Level 3	8:30 a.m. - 9:15 a.m.

Wednesday Group Lessons

October 4, 11, 25; November 1, 8, 15

Preschool	9:00 a.m. - 9:45 a.m.
Preschool	9:55 a.m. - 10:40 a.m.
Level 1	10:50 a.m. - 11:35 a.m.

Thursday Morning Private Lessons

October 12, 26; November 2, 9

8:30 a.m. - 9:15 a.m.
9:20 a.m. - 10:05 a.m.
10:10 a.m. - 10:55 a.m.
11:00 a.m. - 11:45 a.m.

Thursday Evening Private Lessons

October 26; November 2, 9, 16

4:00 p.m. - 4:45 p.m.
4:50 p.m. - 5:35 p.m.
5:40 p.m. - 6:25 p.m.

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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.



**American
Red Cross**