

**MRYC GROUP SWIM LESSONS
LEVEL INFORMATION**
swimcoach@mryc.org

MRYC GROUP SWIM LESSONS DATES & TIMES

Swim lessons are scheduled for Mondays and Wednesdays for 4 weeks on the dates listed below. Please attend the level that you have signed up for. There are no makeups for missed lessons unless we cancel for weather related reasons (thunder/lightning).

Swim Lesson Dates

July 6 & 8
July 13 & 15
July 20 & 22
July 27 & 29

Group Swim Lesson Level	Times
<u>Preschool Swim Lesson:</u> Ages 3-5. Students will be mixed with 1st time and returning preschool students.	3:45pm-4:15pm 30 minute class
<u>Beginner Swim Lesson:</u> Must be 6 years of age.	2:45pm-3:30pm 45 minute class
<u>Intermediate Swim Lesson:</u> Students should understand and be able to effectively demonstrate all fundamentals from the Beginner level.	1:45pm-2:30pm 45 minute class
<u>Pre-Competition Swim Lesson:</u> Students should understand and be able to effectively demonstrate all fundamentals from the Intermediate level.	1-1:45pm 45 minute class

*Detailed swim lesson level descriptions are on the next page.

Please contact Coach Lauren for more information at swimcoach@mryc.org

MRYC PRIVATE SWIM LESSONS

Private swim lessons are available by appointment only. Please contact Coach Lauren via email swimcoach@mryc.org to set up a schedule.

SWIM LESSON LEVELS

The different levels of instruction are designed to help swimmers of all ages develop and refine their skills. The instructor will teach a variety of strokes including front crawl, back crawl, elementary backstroke, breaststroke, sidestroke and butterfly. All classes are designed to help students learn to swim and learn water safety skills that will improve their swimming knowledge with new strokes, stroke refinements, diving safety tips and more. Instruction in swimming is complemented by games and drills to provide a positive experience in the water.

COURSE DESCRIPTIONS

Students will learn a variety of strokes in a small group setting defined by the needs of the group. All classes are designed to help students learn to swim or improve their current skills with new strokes, stroke refinement, diving safety tips and techniques as well as much, much more.

Pre-School Lessons: Students must be between the ages of 3 and 5 to enter this class. Students will become comfortable with the water and will practice and be evaluated on: entering and exiting the water safely, submerge mouth, nose and eyes, exhale underwater, open eyes underwater, pick up a submerged object, float on front and back, explore arm movements, swim on front and back and basic water safety skills.

Beginner Swim Lessons: (ARC Levels 1-2-3) Students must be at least 6 years old to enter this course. Students will learn to safely enter water, blow bubbles, learn to float on back and front, begin alternate arm movements for front and back crawl, tread in deep water, and begin forward motion in a front and back glide. As they progress into level three, they will begin working on front crawl and elementary back stroke.

Intermediate Swim Lessons: (ARC Levels 3-4-5) Before entering this class, students should understand and be able to effectively demonstrate all fundamentals from the Beginner levels. Intermediate swimmers will work on alternate breath and arm action, front and back crawl, breaststroke, swim under water, open turns in front and back crawl, and basic diving safety.

Pre-Competition Lessons: Students should understand and be able to effectively demonstrate all fundamentals from the Intermediate levels. They should expect to be swimming upwards of 300 yards per practice. The class will focus on developing the four competitive strokes as well as starts and turns. The coaching staff will work with each swimmer to teach them how to swim faster and prepare to compete more successfully. *As a prerequisite for the class, swimmers should be able to swim 2 lengths of the pool in free-style and backstroke.*