

Swim Lessons

Guppies and Grownups - Ages 6mo-3

This class is for parents with children ages 6 months to 3 years. This is a water introduction class where comfort in the water and submerging are taught in a low pressure and fun environment. This class teaches parents proper holding techniques for their children while teaching them water skills. Water experimentation, blowing bubbles, and basic skills are taught through songs and activities. MHP Pool, 11am-11:45am. Six Saturdays. Price: \$50

#NA6-172-1, begins June 11. Register by: May 20

#NA7-172-2, begins July 30. Register by: July 15

Preschool Aquatics - Age 3

Introduces basic aquatic skills, which children continue to build on as they progress through Levels 2 and 3 of Preschool Aquatics and then Learn to Swim. Children start developing positive attitudes and safe practices around the water. Many skills are performed with assistance from the instructor. MHP Pool, 9:30am-10am, Four Tuesdays and Thursdays. Price: \$50

#NA6-173-1, Begins June 7. Register by: May 20

#NA7-173-2, Begins July 12. Register by: July 1

Preschool Aquatics - Ages 4-5

Swimmers should already be able to float on front and back and comfortably put their head under water. Swimmers will work on: independent front and back floating, independent rolling over from front to back and back to front, independent front and back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head. MHP Pool, 10:50am-11:20am, Four Tuesdays and Thursdays. Price: \$50

#NA6-174-1, Begins June 7. Register by: May 20

#NA7-174-2, Begins July 12. Register by: July 1

Preschool Aquatics - Ages 5-6

For swimmers who have completed PSA Level 1 & 2 and/or independently swimming 3 body lengths unassisted. New swimming and water safety skills will be introduced as your child is guided by the instructor to help increase each swimmers proficiency. Child will work on increasing repetition, distance, and refine stroke techniques. MPH Pool, 10am-10:45am, Six Saturdays. Price: \$50

#NA6-175-1, Begins June 11. Register by: May 20

#NA7-175-2 Begins July 30. Register by: July 15

Learn to Swim - Ages 6-9

Introduction to Water Skills - Orients swimmers to aquatic environment and helps develop a positive attitude and safe practices. This level is for the non-swimmer who does not submerge head or body. MHP Pool, 10:10am-10:40am, Four Tuesdays and Thursdays. Price: \$50

#NA6-176-1, Begins June 7. Register by: May 20

#NA7-176-2, Begins July 12. Register by: July 1

Learn to Swim - Ages 8-11

Stroke Development - This class is for a swimmer with established comfort in the water. They can independently float on their front and back, submerge themselves in water over their heads, and swim unassisted using a combination of arm and leg movements for at least 5 body lengths. MHP Pool, 11:30am-12pm, Four Tuesdays and Thursdays. Price: \$50

#NA6-178-1 Begins June 7. Register by May 20.

#NA7-178-2 Begins July 12. Register by July 1.

