



Where Fitness Is Fun!
Morehead City, NC

Swim Lessons

Swim Lessons – Swim lessons are divided into two categories, private and group. You may request private lessons at the Sports Center front counter. Group lessons are scheduled in advance and usually begin in May and continue throughout the summer. Sports Center will offer the following group lessons

Group Lesson Descriptions

Water Babies – Ages 6 months to 3 years. Parents must be in pool. Instructor sings songs and teaches parents the proper techniques to hold the children so they will be comfortable in the water.

Toddlers – Ages 3 and 4. Parents are asked not to participate, but may watch closely. Participants become familiar with the water, getting in and out of the pool, assisted floating, assisted kicking, blowing bubbles, getting head or face wet and kicking in the prone position. Maximum of five kids to a class.

Beginners – Ages 5 and 6. Designed for kids with no swimming ability. Kids practice floating from assisted to unassisted, getting their head wet, kicking in the prone position assisted and unassisted and unassisted coordinating arm stroke and kicking for swimming. Most kids will learn how to swim in this class although some may need another set of lessons. Maximum of five kids.

Intermediate – Ages 6 to 12. Designed for kids that can swim and float but need stroke development. Five new swimming techniques are taught including, front crawl, breast stroke, backstroke, elementary backstroke and sidestroke. Maximum of seven kids.

Pricing (Effective April 15th, 2010)

Group Lessons

(3 sessions each week for two weeks)

Members	\$55.00 per participant
Non-members	\$65.00 per participant

Private Lessons

(4 total sessions)

Members	\$75.00 per participant
Non-members	\$85.00 per participant

No semi-private lessons will be offered

See Reverse for Group Lesson Schedule

GROUP LESSON SCHEDULE

Session I and Session II

2010

***Session I -- May 17th – May 28th**

<u>Lesson Type</u>	<u>Ages</u>	<u>Schedule</u>
Toddlers	3 – 4 years	M-W-F 4 pm – 5 pm
Beginners	5 – 6 years	M-W-F 5 pm – 6 pm
Intermediate	6 – 12 years	M-W-F 6 pm – 7 pm

Session II -- June 14th – June 25th

<u>Lesson Type</u>	<u>Ages</u>	<u>Schedule</u>
Toddlers	3 – 5 years	M-W-F 10 am–10:45 am
Intermediate	6 – 12 years	M-W-F 11 am-11:45 am
Beginners	5 – 6 years	M-W-F 12:00 noon – 12:45 pm
Water Babies	6 mos. -- 3 years	M-W-F 3:30 – 4:15 pm
Beginners	5 – 6 years	M-W-F 4:30 – 5:15 pm
Toddlers	3 – 5 years	M-W-F 5:30 pm – 6:15 pm

Additional schedules will be published by May 22.

Sports Center reserves the right to change, modify or cancel these scheduled lessons based on participation and sign-ups.

Make-up days based on inclement weather will be scheduled at the instructor's discretion.

*Session I classes may be offered in the indoor or outdoor pool or possibly both pending weather conditions and water temperature