

Aquatic Center



POOL SWIM CAMP

8:30 AM-12:30 PM
Ages: 6 - 16

Sessions
 June 12 - June 16
 June 19 - June 23
 June 26 - June 30
 July 10 - July 14
 July 17 - July 21
 July 24 - July 28

Fee:
 M.S.V. & B.H.I. Residents: \$190.
 Non- Resident: \$247.

Swim Camp will include stroke technique instruction, plyometrics/core strengthening exercises, water safety instruction and aquatic games. **GROUPS:** All swimmers will be grouped according to age and ability level

LUNCH - Lunches from home must be non-microwaveable and doesn't need refrigeration Lunch is also available for purchase at the Watering Hole Concession Stand

This is NOT a Learn to Swim Camp. Child MUST know how to swim with rotary breathing at least 2 lengths of the pool (50 yards) to attend.

Swim Lessons

Session Dates for all levels

Each session is 4 lessons/wk for 2 weeks

June 13 - June 23
June 27 - July 7
July 11 - July 21
July 25 - August 4

The Aquatic Center has teamed up with the American Red Cross to offer Learn to Swim Program. Participants must preregister for all the classes.

To Register: Residents may register two weeks before class. Nonresidents one week before class. (based on availability)

Class Fees for all levels:

MSV & BHI Residents/Nonresident:
 \$100./session \$120./session
 Insurance for Children Classes:
 Residents/Nonresident:
 \$12./\$15. per year required



IPAP Activity# 344001

(Infant & Parent Aquatics Program)

6 months to 3 years (one Child per parent)
 Younger children will adjust to the water by learning skills such as placing the face in the water, flutter kicks and pre-floating skills. All Parents are taught how to instruct their children and recognize any errors in their child's swimming technique. Children are required to wear swim diapers. Parents must be in the water with their children. Instructors will work at the skill level of each child regardless of varied abilities.

Meets: 12 pm - 12:30 pm
 6 pm - 6:30 pm
 6:30 pm - 7 pm

Required: Child **must** wear swim diapers

Preschool Aquatics

Activity# 344004

(Preschool Levels 1, 2 & 3)

This class is for 4 and 5 year olds who are ready to learn introductory water skills as well as beginner swimming skills. Students will learn to enter the pool properly, float, glide and the basics of front crawl (freestyle).

Meets: 10 am - 10:45am
 11 am - 11:45 am
 4 pm - 4:45 pm
 5 pm - 5:45 pm

Beginners

Activity# 344002

Beginner (Level 1 & 2)

This class is for students 6 years and older. It introduces children with little to no water experience to basic swimming skills. Students will learn the front crawl and floating techniques.

Meets: 10 am - 10:45am
 11 am - 11:45 am
 4 pm - 4:45 pm
 5 pm - 5:45 pm

Intermediate Activity# 344003

Intermediate (Levels 3 & 4)

This class is for students (6 years and older) who have successfully completed our beginners course and received instructor recommendation for advancement. In this course students will refine their front crawl, back crawl, and backstroke skills; as well as be introduced to breaststroke and butterfly. This training program designed to improve technique and endurance in preparation for Swim Team

Meets: 10 am - 10:45am
 11 am - 11:45 am
 4 pm - 4:45 pm
 5 pm - 5:45 pm