



Program Overview

Swim lessons are offered year - round at Huntersville Family Fitness & Aquatics (HFFA) at 11725 Verhoeff Rd, Huntersville, NC. Students of all ages and skill levels are welcome. Classes are divided into groups by age and experience, starting as young as 6 months. All classes are 30 minutes long, except for adult lessons which are 45 minutes. Classes are billed monthly. There is an annual registration fee of \$25, which includes a swim cap for each participant. Visit our website at www.SwimMacSwimSchool.org for more information and to register.

Class Options

Summer 2017		Class Times	
		Monday - Thursday	Saturday
Age Level	Mini-Mac 6 mo - 3 yrs	10:30, 3:00, 5:00	8:30, 9:05, 10:15
	Pre-School 3 - 5 yrs	10:30, 11:30, 3:00, 4:00, 5:00	8:30, 9:05, 10:15, 11:15
	Grade-School 6 - 12 yrs	11:00, 12:00, 3:30, 4:30, 5:30	9:45, 10:45, 11:45
	Teen 13 - 17 yrs	12:30 - 1:15	12:15 - 1:00
	Adult	12:30-1:15	12:15 - 1:00

Cost

Classes are charged on the day before each new session. You must register for each session you want your swimmer to attend. We require a 15 day written drop notice on all sessions.

Month/Session Dates	Cost	HFFA Member Cost
Summer 1 - June 12, 13, 14, 15, 19, 20, 21, 22	\$125	\$112.50
Summer 2 (4 classes only) - June 26, 27, 28, 29	\$65	\$58.50
Summer 3 - July 10, 11, 12, 13, 17, 18, 19, 20	\$125	\$112.50
Summer 4 - July 24, 25, 26, 27, 31 August 1, 2, 3	\$125	\$112.50
Saturday Only - June 17, 24 July 1, 8, 15, 22, 29 August 5	\$125	\$112.50

How to Register

Go to www.SwimMacSwimSchool.org and click on the Register button, select Huntersville Family Fitness and Aquatics. then follow the prompts. If you're not sure which level or class to choose or have any trouble, please contact us - we are here to help!

Questions?

Phone: 704-766-1520 Email: mhocutt@SwimMacCarolina.org





MINI MAC AGES 6 MOS - 3 YRS	
JUNIOR 6 - 19 mos	Parent/Child Class Skills include: blowing bubbles, breath holding, kicking feet, rowing arms, reaching for wall & 'crawling' along wall.
INTERMEDIATE 20 - 36 mos	Parent/Child Class Skills include: blowing bubbles, breath holding, kicking feet, rowing arms, reaching for wall & 'crawling' along wall.
ADVANCED 2.5 - 3 years	Parent/Child Class Designed for toddlers who are comfortable with the water and moving toward a class without a parent. Goal is to have parents out of the water by last class of session. Preparing child for Blue - P2.

PRE-SCHOOL LEVELS AGES 3-5		GRADE-SCHOOL LEVELS AGES 6-12	
TO BEGIN IN THIS LEVEL....	...SWIMMER SHOULD FIT THIS DESCRIPTION	TO BEGIN IN THIS LEVEL....	...SWIMMER SHOULD FIT THIS DESCRIPTION
Blue - P2	Little/No Experience Recommended that all new swimmers to our program start here.	Blue - G2	Little/No Experience Recommended for swimmers who are uncomfortable with the water (will not put face in, doesn't want to go in water over head, etc.)
Red - P3	Floating & Kicking Swimmer should be comfortable with face in the water and being in the water without flotation devices.	Red - G3	Floating & Kicking Swimmers should be comfortable retrieving a toy from the bottom.
Orange - P4	Beginner Freestyle/Backstroke Kick Swimmer should be able float on front and back for at least 10 seconds, and also kick 5-10 yards on stomach independently.	Orange - G4	Beginner Freestyle/Intro to Side Breathing Swimmers should be able to kick 5-10 yards independently on front and back.
Yellow - P5	Advanced Freestyle Swimmer should be able to show 5-10 yards of kicking with successful breathing, and be able to kick comfortably on the back.	Yellow - G5	Freestyle/Streamlining Swimmers should be able to swim 10 yards of freestyle and do 5-10 yards of backstroke kicking.
Green - P6	Backstroke Swimmers should be able to swim 10 yards of freestyle with a side breath and be able to kick 10 yards on their back without assistance.	Green - G6	Backstroke/Dolphin Kick Swimmers should be able to do 15-20 yards of freestyle with bilateral breathing, and maintain a streamline position while kicking on both stomach & back.
White - P7	Advanced Stroke Swimmers should be proficient in both freestyle and backstroke. Recommendation required.	White - G7	Breaststroke with Freestyle/Backstroke Review Swimmer should be able to swim 20-25 yards freestyle and backstroke, and have a proper dolphin kick.
		Teen/Adult	Beginner swimmers uncomfortable in water. Will work on floating, kicking and comfortably moving through water for length of the pool without stopping. Advanced levels also offered.

