



## Program Overview

Swim lessons are offered year-round at Huntersville Family Fitness & Aquatics (HFFA) in the 25 yard heated pool. SwimMac offers classes for all ages and abilities. Each class is divided into groups by age and experience. All classes are 30 minutes. During our school year, we run on a month to month session. Once enrolled your registration automatically renews each month until June 8th, 2019. A 15 day written notice is required to terminate enrollment before that date.

## Registration and Tuition

The annual registration fee, which includes a swim cap for each swimmer, is \$30.00 for 1 swimmer \$55 for 2 swimmers and \$75.00 for 3 or more swimmers. Once registered, your monthly cost for 1 class per week is \$72, and two classes per week is \$144

### Discounts

HFFA Members receive a 10% discount on monthly tuition - does not apply to registration fees.  
 Anyone who registers for two or more classes per week receives a 5% discount.

**Register online at [SwimMacCarolina.org](http://SwimMacCarolina.org).** If you're not sure which level or class to choose, or have any trouble, please contact us - we are here to help!

School Year 2018/2019		Class Times						
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Age Level	<b>Mini-Mac</b> 6 mo - 3 yrs 30 min classes	10:30, 5:30	N/A	10:30, 5:30	N/A	N/A	8:30, 9:05, 10:15	N/A
	<b>Pre-School</b> 3 - 5 yrs 30 min classes	10:30, 11:00, 11:30, 4:00, 5:30	10:30, 11:00, 11:30, 1:15, 1:45, 2:15, 4:00, 4:30	10:30, 11:00, 11:30, 1:15, 1:45, 2:15, 4:00, 5:30	10:30, 11:00, 11:30, 4:00, 4:30	N/A	8:30, 9:05, 10:15, 11:15	N/A
	<b>Grade-School</b> 6 - 11 yrs 30 min classes	4:30, 5:00	5:00, 5:30	4:30, 5:00	5:00, 5:30	N/A	9:45, 10:45, 11:45, 12:15	N/A
	<b>Teen</b> 12 - 17 yrs 45 min classes	N/A	5:30	N/A	N/A	N/A	12:15	N/A
	<b>Adult</b> 45 min classes	12:00	N/A	12:00	N/A	N/A	12:15	N/A

## No Class Dates (Tuition will be pro-rated):

November	December	January	April	May
21st - 24th	19th - 31st	1st - 2nd	14th - 21st	27th

**Questions?** Contact Director Martha Hocutt at Phone: 704-766-1520 Email: [mhocutt@SwimMacCarolina.org](mailto:mhocutt@SwimMacCarolina.org)





Mini-Mac Ages 6 Months - 3 Years	
Beginner 6-36 Months	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 (by recommendation only).

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
<b>Blue - P2</b>	<b>Little/No Experience</b> Recommended that all new swimmers to our program start here.	<b>Blue - G2</b>	<b>Little/No Experience</b> Recommended for swimmers who are uncomfortable with the water (will not put face in, doesn't want to go in water over head, etc.)
<b>Red - P3</b>	<b>Floating &amp; Kicking</b> Swimmer should be comfortable with face in the water and being in the water without flotation devices.	<b>Red - G3</b>	<b>Floating &amp; Kicking</b> Swimmers should be comfortable retrieving a toy from the bottom.
<b>Orange - P4</b>	<b>Beginner Freestyle/Backstroke Kick</b> Swimmer should be able float on front and back for at least 10 seconds, and also kick 5-10 yards on stomach independently.	<b>Orange - G4</b>	<b>Beginner Freestyle/Backstroke Kick</b> Swimmers should be able to kick 5-10 yards independently on front and back.
<b>Yellow - P5</b>	<b>Advanced Freestyle</b> Swimmer should be able to show 5-10 yards of kicking with successful breathing, and be able to kick comfortably on the back.	<b>Yellow - G5</b>	<b>Advanced Freestyle</b> Swimmers should be able to swim 10 yards of freestyle and do 5-10 yards of backstroke kicking.
<b>Green - P6</b>	<b>Backstroke</b> 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.	<b>Green - G6</b>	<b>Backstroke</b> 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.
<b>White - P7</b>	<b>Advanced Stroke</b> Swimmers should be proficient in both freestyle and backstroke. Recommendation required.	<b>White - G7</b>	<b>Advanced Stroke</b> Swimmer should be able to swim 20-25 yards freestyle and backstroke, and have a proper dolphin kick.
		<b>Teen</b>	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.
		<b>Adult</b>	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.

