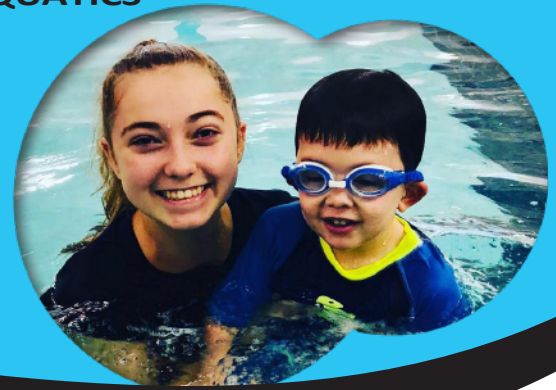


SWIM SCHOOL – HUNTERSVILLE FAMILY FITNESS & AQUATICS

11725 Verhoeff Drive, Huntersville, NC.



Summer 2019



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. Children 11 and younger have a 30 minute class, 12 and older will enjoy a 45 minute class. During the Summer you must enroll for each desired session.

How to Register

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. **Register online at 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!

Summer 2019		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 - (8 classes) - June 10, 11, 12, 13, 17, 18, 19, 20	\$140.00	\$126.00
Summer 2 (4 classes) - June 24, 25, 26, 27	\$70.00	\$63.00
Summer 3 - (8 classes) - July 8, 9, 10, 11, 15, 16, 17, 18	\$140.00	\$126.00
Summer 4 - (8 classes) - July 22, 23, 24, 25, 29, 30, 31 August 1	\$140.00	\$126.00
Summer 5 - (4 classes) - August 5, 6, 7, 8,	\$70.00	\$63.00
Saturday Only - (8 classes) - June 15, 22, 29 July 13, 20, 2 August 3, 10	\$140.00	\$126.00

How to Register - Registration Opens on April 1st

Go to www.SwimMacCarolina.org/swim-school/north then select the appropriate age group and class to get to that classes' schedule. If you're not sure which level or class to choose or have any trouble, please contact us - we are here to help!

Questions?

Contact the Director, Martha Hocutt at
Phone: 704-766-1520 Email: mhocutt@SwimMacCarolina.org

Follow SwimMac Swim School on
Facebook and Instagram!

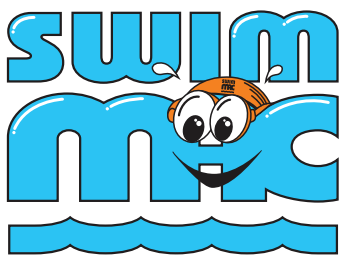


Class Level Descriptions



Mini-Mac Ages 6 Months - 3 Years	
Beginner 6 Months - 2.5 Years Old	Parent/Child Class Skills include: blowing bubbles, breath holding, kicking feet, rowing arms, reaching for wall & 'crawling' along wall.
Advanced 2.5 - 3 Years Old	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 the child's 3rd birthday. 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
Blue - P2	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.)	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 must be comfortable with face in the water and being in the water without flotation devices.	Red - G3	Floating & Kicking Swimmers must be comfortable retrieving a toy from the bottom.
Orange - P4	Beginner Freestyle/Backstroke Kick Swimmer must 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/Backstroke Kick Swimmers must be able to kick 5-10 yards independently on front and back.
Yellow - P5	Advanced Freestyle Swimmer must be able to show 10 yards of kicking with successful raibow arms, and be able to kick comfortably on the back.	Yellow - G5	Advanced Freestyle Swimmers must be able to swim 10 yards of freestyle and do 5-10 yards of backstroke kicking.
Green - P6	Backstroke Swimmers must be able to swim 20 yards of freestyle with a side breath and be able to kick 10 yards on their back without assistance.	Green - G6	Backstroke Swimmers must be able to do 20 yards of freestyle with bilateral breathing, and maintain a streamline position while kicking on both stomach & back.
White - P7	Advanced Stroke Swimmers must be proficient in both freestyle and backstroke.	White - G7	Advanced Stroke Swimmer must be able to swim 25 yards freestyle and backstroke, and have a proper dolphin kick.
		Teen	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.
		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.



SWIM SCHOOL

