



# SWIM LESSON Sessions

2020

We highly encourage residents to use their ActiveNet account to register, to ensure your top choice of swim classes. In-person registration is always available at the MCA front desk (see website for hours/locations).

Please make sure all of your account information is up-to-date prior to registration.

**RESIDENT SWIM TEAM REGISTRATION OPENS MARCH 11 ONLINE**  
**RESIDENT SWIM LESSON REGISTRATION OPENS ON MARCH 18 AT NOON**  
**NONRESIDENT SWIM LESSON REGISTRATION OPENS ON APRIL 15 AT NOON**

\*All age overrides must be done in person.

\*No transfers, refunds or purchases of pool resident cards on registration days

Nonresidents must complete the "Nonresident Registration Form" online at [www.stapletoncommunity.com](http://www.stapletoncommunity.com) prior to registration. Nonresidents will not have access to online registration.

Swim Lessons: 6 months to 3 years	
<b>Parent Tot</b> Infant: 6-24 months One parent per child	<i>Water Adjustment</i> – This fun program introduces parents and baby to the water. Skills include water adjustment, leg action, exploring buoyancy on front and back, floating with support and rolling over.
<b>Parent Tot II</b> Toddler: 24-36 months One parent per child	<i>Fundamentals</i> – This fun program introduces parents and child to the basic fundamentals using games and songs. Skills learned include blowing bubbles, change of direction, floating on front and back (with support) leg and arm action, jumping in and rolling over.
Swim Lessons: 3 to 5 years	
<b>Preschool</b> 3-5 years	Participants will be introduced to basic skills including—blowing bubbles, bobs, water adjustment, kicking, floating and turning over on their back. Class incorporates games, activities and water safety skills.
<b>Preschool Advanced</b> 3-5 years	For swimmers that are comfortable with their faces and ears in the water. Class includes stroke development, breath coordination, safety, swimming on front/back and deep water exploration.
<b>Preschool Advanced II</b> 3-5 years	For swimmers that are swimming independently without support. Skills taught include rhythmic breathing, front/back crawl, elementary backstroke, sit/kneel dives and changing directions (same skill set as Station 2).
Swim Lessons: 6+ years	
<b>Station 1</b> 6+ years	<i>Fundamental Aquatic Skills</i> – Class is for swimmers new to the water. Introduces swimmers to the fundamental skills such as water entry/exit, opening eyes under water, floating, gliding and water safety.
<b>Station 2</b> 6+ years	<i>Stroke Development</i> – Class is for swimmers who can move through the water unassisted. Skills learned include bobbing, rhythmic breathing, front/back crawl, sit/kneel dives and changing directions.
<b>Station 3</b> 6+ years	<i>Stroke Improvement</i> – Class is for swimmers ready for deeper waters. Builds on previous skills, swimming underwater, breaststroke, elementary backstroke, side-stroke, butterfly, open turns, compact and stride jumps, surface dives and water safety.
<b>Station 4/5</b> 6+ years	<i>Stroke Refinement/Fitness Swim</i> – Designed for swimmers who can swim 25 yards/meters front, back and elementary back stroke. Skills learned will include butterfly, breaststroke, sidestroke, flip turns, treading water, shallow dives, including survival floating and water safety.
Introduction Programs: 8+ years	
<b>Intro to Diving</b> 8+ years	Springboard diving is for swimmers who are comfortable in the deep end (12 ft.) and skilled in a shallow-angle head-first entry (i.e. enter the water at a slight angle), swim parallel to the surface, steer back to the surface and then begin stroking.
<b>Intro to Synchro</b> 8+ years	This program is designed to teach basic synchro skills to those who have no previous experience. Lessons are 50 minutes at Jetstream Pool on Sunday mornings.
<b>Intro to Water Polo</b> 8+ years	The Introduction to Water Polo program is designed to teach basic water polo skills including: eggbeater kick, passing, ball handling and game basics. Participants should have strong swimming skills (Station 3) and be comfortable in deeper water. Classes will be instructed by experienced water polo coaches and players who love the game and hope to introduce a new generation to the sport.

## Weekdays

### Monday–Thursday

25 minute lessons

Resident: \$50

Nonresident: \$60

Session 1: June 8 – June 18

Session 2: June 22 – July 2

Session 3: July 6 – July 16

Session 4: July 20 – July 30

### Evenings :: F15, Jet Stream, Maverick

Tuesday/Thursday

25 minute lessons

Resident: \$50

Nonresident: \$60

Session 1: June 2 – June 25

Session 2: July 7– July 30

### Evenings :: Aviator, PJ, Runway 35

Monday/Wednesday

25 minute lessons

Resident: \$50

Nonresident: \$60

Session 1: June 1 – June 24

Session 2: July 6 – July 29

## Weekend :: Jet Stream :: Sunday

25 minute lessons

for ages 3-5

Resident: \$33/\$61

Nonresident: \$39/\$73

50 minute lessons

for ages 6+

Session 1\*: June 6 – June 27

Session 2: July 11 – Aug 8

\*prorated session, no class on 7/4

## Weekend :: Aviator, PJ, F15, Maverick

Saturday

25 minute lessons

Resident: \$33

Nonresident: \$39

Session 1\*: June 6 – June 28

Session 2: July 12– Aug 9

\*prorated session, no class on 7/4

Beginning this summer, Session 3 and 4 activity registrations will be staggered at the following pools: Aviator, Jet Stream, and Filing 54.

Why was this change made? Swim lesson levels are skill-based, not an age-based program. Staggering the registration at our larger facilities will help improve activity registration accuracy, in water program quality, and programming equity for all levels. We hope to offer the levels that will accommodate the skill of our participants in season vs. planning and guessing which level your swimmer will be at months ahead of time.

Session 3: Registration opens June 24th at Noon  
 Session dates: July 6-July 16

Session 4: Registration opens July 8th at Noon  
 Session dates: July 20- July 30

	Weekday Lessons Monday–Thursday				Evening Lessons Mon,Wed/Tu,Thur				Weekend Lessons Saturday/Sunday			
	9:00	9:30	10:00	10:30	5:00	5:30	6:00	6:30	9:00	9:30	10:00	10:30
Aviator	Parent-Tot									●		
	Parent-Tot II										●	●
	Preschool				●		●	●		●	●	●
	Preschool Adv				●		●	●		●		●
	Preschool Adv II		●	●			●	●		●		●
	Station 1		●	●			●			●	●	●
	Station 2		●	●			●			●	●	●
	Station 3		●				●			●	●	●
Puddle Jumper	Parent-Tot	●								●		
	Parent-Tot II	●									●	
	Preschool	●	●				●	●		●	●	
	Preschool Adv	●	●				●	●		●	●	
	Preschool Adv II							●		●	●	
F15	Station 2		●									
	Preschool			●	●		●	●		●	●	●
	Preschool Adv			●	●		●	●		●	●	●
	Preschool Adv II			●	●		●	●		●	●	●
	Station 1			●	●		●	●		●	●	●
Jet Stream	Station 2			●	●		●	●		●	●	●
	Station 3			●	●		●	●		●	●	●
	Station 4/5			●	●		●	●		●	●	●
	Intro to Diving			●	●		●	●		●	●	●
	Intro to Synchro									●		
	Intro to Water Polo										●	
	Parent-Tot										●	
	Parent-Tot II										●	
Maverick	Preschool		●	●			●	●		●	●	
	Preschool Adv		●	●			●	●		●	●	
	Preschool Adv II		●	●			●	●		●	●	
	Station 1			●	●		●	●		●	●	
	Station 2			●	●		●	●		●	●	
Runway 35	Station 3			●	●		●	●		●	●	
	Station 2			●	●		●	●		●	●	
	Station 3			●	●		●	●		●	●	
Filing 54	Preschool									●	●	●
	Preschool Adv									●	●	●
	Preschool Adv II									●	●	●
	Station 1									●	●	●
	Station 2									●	●	●

Coming Soon!