



# 2022 SWIM LESSONS

JULY 18-28 | MON-THU

Registration July 1-15

Group and Private Lessons Available  
Ages 3 - Adults

**SEE BACKSIDE FOR DETAILS**

FOR MORE INFORMATION, CALL 703.784.2973



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# SWIM LESSONS

## CLASS DESCRIPTIONS

### WADDLER 1 | 3-5 YEARS

This entry level class focuses on water adjustment and basic skill/water safety development for children.

### WADDLER 2 | 3-5 YEARS

This class focuses on children who feel more confident in the water and aims at teaching body position moves from vertical to horizontal in the water.

### WADDLER 3 | 3-5 YEARS

This class is for children who are able to swim 10 yards on front and back unassisted and focuses on basic stroke development.

### PADDLER 1 | 5-12 YEARS

This entry level class focuses on water adjustment and basic skill/water safety development for older children.

### PADDLER 2 | 5-12 YEARS

This class focuses on older children who feel more confident in the water and aims at teaching body position moves from vertical to horizontal in the water.

### PADDLER 3 | 5-12 YEARS

This class is for children who are able to swim on their front 3-5 body lengths and focuses on basic stroke development.

### TEEN/ADULT 13+ YEARS

Private swim lessons recommended for this age group.

## LESSON OPTIONS\*\*

### BABY POOL

- 8:00-8:30 AM - Waddler
- 9:00-9:30 AM - Waddler
- 10:00-10:30 AM - Waddler
- 11:00-11:30 AM - Waddler & Paddler

### 50M POOL

- 8:00-8:45 AM - Paddler & Private
- 9:00-9:45 AM - Paddler & Private
- 10:00-10:45 AM - Paddler & Private

## COST

- \$70 - 6 Group Swim Lesson Sessions
- \$35 - 1 Private Swim Lesson Session
- \$140 - 5 Private Swim Lesson Sessions

## REGISTER JULY 1-15

Registration and payment will be done at the 50M Pool. For more information, call 703.784.2973.

MCCS encourages and supports the participation of individuals of all abilities in its programs and facilities. Ages 16 and up may participate in all of our classes. Ages 14-15 can participate when directly supervised by a legal guardian who is participating in the class also. Please call if you need a reasonable accommodation to fully participate.

\*\* Class may change or be added during registrations based on demand.