



# 2024 SWIM LESSONS

**2ND SESSION**

**MON-THU | JUNE 24-27**

**MON-WED | JULY 1-3**

**Makeups are Thurs, July 5  
Registration June 3-19**

FOR MORE INFORMATION, CALL 703.784.2973



[quantico.usmc-mccs.org](http://quantico.usmc-mccs.org)  
quanticomccs mcsquantico



# SWIM LESSONS

## CLASS DESCRIPTIONS

### **BABY AND ME | 1-3 YEARS**

This entry level class focuses on water adjustment and basic skills with the assistance of parents.

### **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.

**PADDLER 4 | 5-16 YEARS:** This class focuses on more advanced stroke development and an introduction to dives.

**PADDLER 5 | 5-16 YEARS:** This class focuses on development of the four competition strokes for development and distance.

**PADDLER 6 | (5-16 years):** This class focuses on swimmers who are proficient in all four competitive strokes and diving and are at a swim team level. Focus is on stroke refinement and distance swimming.

### **TEEN/ADULT 13+ YEARS**

Private swim lessons recommended for this age group.

## LESSON OPTIONS\*\*

### **BABY POOL**

- 8:00 -8:30 AM Paddler 1 | Waddler 3
- 8:45-09:15 AM Waddler 3 | Waddler 2
- 9:30-10:00 AM Waddler 2 | Waddler 1
- 10:15-10:45 AM Waddler 1 | Waddler 2
- 11:00-11:30 AM Waddler 3 | Parent and Me

### **50M POOL**

- 8:00-8:45 AM Paddler 5 | Paddler 6
- 9:00-9:45 AM Paddler 3 | Paddler 4
- 10:00-10:45 AM Paddler 2 | Paddler 1
- 11:00-11:45 AM Paddler 3 | Paddler 2

### **Privates**

- 8:00-8:45 AM Privates
- 9:00-9:45 AM Privates x2
- 10:00-10:45 AM Privates x2
- 11:00-11:45 AM Privates x2

## COST

- \$40 - 1 Private Swim Lesson Session
- \$80 - 6 Group Swim Lesson Session
- \$155 - 5 Private Swim Lesson Sessions

## REGISTER JUNE 3 - JUNE 19

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

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

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.