

Murrayhill Recreation Association – 2016 Aquatics Program Information

Swimming Lessons

Lessons are held from 10:15am-12:15pm and from 6:00pm-7:00pm Monday through Thursday. Please stop by the front desk to pick up a swim lesson registration form.

Group Lesson Session Rates

Resident Rate: \$50

Sponsored Rate: \$65

Group Lesson Session Dates (8- ½ hour sessions)

Session 1 June 20 – June 30

Session 2 July 4 – July 14

Session 3 July 18 - July 28

Session 4 August 1 - August 11

Session 5 August 15- August 25

Semi-Private Lesson Session (Sessions consist of 4 - ½ hour lessons)

Resident Rate: \$60/session or \$20/day

Sponsored Rate: \$80/session or \$40/day

Private Lesson Session (Sessions consist of 4 - ½ hour lessons)

Resident Rate: \$85/session or \$25/day

Sponsored Rate: \$110/session or \$45/day

Baby/ Toddler and Me Lesson Session (During session 3. Lesson consists of 8 - ½ hour lessons)

Resident Rate: \$45

Sponsored Rate: \$60

Learn to Swim

<p>Level 1: Introduction to Water Skills <i>Purpose:</i> Orient participants to the aquatic environment and help them gain basic aquatic skills. Help participants begin to develop positive attitudes and safe practices around water. <i>Prerequisites:</i> No skill prerequisites</p>	<p>Level 2: Fundamental Aquatic Skills <i>Purpose:</i> Build on the basic aquatic skills and water safety skills and concepts learned in level 1. <i>Prerequisites:</i> Successful demonstration of Learn – to- Swim Level 1 exit skills assessment</p>
<p>Level 3: Stroke Development <i>Purpose:</i> Build on the skills learned in Levels 1 & 2 to help participants achieve basic water competency in a pool environment. <i>Prerequisites:</i> Successful demonstration of the Learn –to- Swim Level 2 exit assessment.</p>	<p>Level 4: Stroke Improvement <i>Purpose:</i> Improve participants’ proficiency in performing the swimming strokes introduced in level 3. <i>Prerequisites:</i> successful demonstration of the Learn-to-Swim Level 3 exit assessment skills assessment</p>
<p>Level 5: Stroke Refinement <i>Purpose:</i> help participants refine their performance of all six swimming strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke) <i>Prerequisites:</i> successful demonstration of the Learn-to-Swim Level 4 exit skills assessment</p>	<p>Level 6: Swimming and Skill Proficiency Personal Water Safety & Fitness Swimmer <i>Purpose:</i> Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances. Teach participants how to prevent aquatic emergencies in various aquatic environments and to introduce and practice self-rescue techniques. <i>Prerequisites:</i> Successful demonstration of the Learn-to-Swim Level 5 exit skills assessment</p>
<p>Baby/ Toddler and Me In this class, children 6 months to 3 years will work on building their comfort level in the water, blowing bubbles and basic swimming skills with the assistance of a parent, grandparent or other adult.</p>	