



# Swim School

704-766-1520 ext. 3109

[www.swimmaccarolina.org](http://www.swimmaccarolina.org)

## Winter 2010 Weekday Schedule

Annual Registration Fee: \$20.00 (includes SwimMAC t-shirt and swim cap)

\*(Payment in FULL for each session must be received BEFORE a student can start a class)\*

Dates	Cost: HFFA Member	Non-Member	Registration Begins
Winter I: 1/04/10-1/28/10	\$100.00	\$120.00	11/02/09 current   11/09/09 new
Winter II: 2/03/10-3/02/10	\$100.00	\$120.00	11/02/09 current   11/09/09 new

{8 Lessons 30 minutes long}

### Junior Levels: ages 3-5 years

#### Monday and Wednesday classes

4:20-4:50 PM [levels 1-5]

5:40-6:10 PM [levels 1-5]

#### Tuesday and Thursday classes

10:05-10:35 AM [levels 1-2]

10:40-11:10 AM [levels 3-5]

1:10-1:40 PM [levels 1-2]

1:50-2:20 PM [levels 3-5]

3:40-4:10 PM [levels 1-5]

5:00-5:30 PM [levels 1-5]

### Senior Levels: ages 6-12 years

#### Monday and Wednesday classes

3:40-4:10 PM [levels 1-6]

5:00-5:30 PM [levels 1-6]

#### Tuesday and Thursday classes

4:20-4:50 PM [levels 1-6]

5:40-6:10 PM [levels 1-6]

#### Olympic Strokes: graduates of level

6

3:40- 4:10 PM Mon. & Wed.

#### Mini-MAC: ages 8-36 months

11:20-11:50 AM Tuesday & Thursday

**\*Parent and Child Class\***

Both parent and child will be in the water together.

#### Junior Skill Levels:

##### **Junior Level 1**

Bubbles and Bobs

##### **Junior Level 2**

Floating, Kicking, Big Arms

##### **Junior Level 3**

Side Glide, Intro to Backstroke

##### **Junior Level 4**

Advanced Free

##### **Junior Level 5**

Advanced Back

#### Senior Skill Levels:

##### **Senior Level 1**

Bubbles, Bobs, Torpedo

##### **Senior Level 2**

Floats, Kicking, Side Glide

##### **Senior Level 3**

Freestyle and Backstroke

##### **Senior Level 4**

Advanced Freestyle

##### **Senior Level 5**

Advanced Backstroke

##### **Senior Level 6**

Breaststroke and Butterfly