



**Swim School @ HFFA**  
 704-766-1520 ext. 3109  
[www.swimmaccarolina.org](http://www.swimmaccarolina.org)

## Winter & Spring 2012 Weekday Schedule

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

(You can Register over the phone by Credit Card)

<u>Dates</u>	<u>Cost:</u> HFFA Member   Non-Member	<u>Registration Opens:</u>
<u>Winter I:</u> 1/2/12- 1/26/12 (8 Lessons/30 min.)	\$100.00   \$120.00	11/14/11 current   11/21/11 new
<u>Winter II:</u> 1/30/12- 2/28/12 *	\$100.00   \$120.00	12/5/11 current   12/12/11 new
* {8 Lessons 30 minutes long} { Winter II will be off Feb.20 and Feb.21 CMS Holiday}		
<u>Spring I:</u> 3/07/12- 4/03/12 (8 Lessons/30 min)	\$100.00   \$120.00	2/06/12 current   2/13/12 new
<u>Spring II:</u> 4/16/12-5/8/12**	\$90.00   \$105.00	3/05/12 current   3/12/12 new
<u>Spring III:</u> 5/14/12-6/7/12***	\$90.00   \$105.00	3/26/12 current   4/02/12 new
**{7 Lessons 30 minutes long}		
***{7 Lessons 30 minutes long} {OFF Monday and Tuesday 5/28/12-5/29/12 Memorial Day}		

### Junior Levels: ages 3-5 years

#### Monday and Wednesday classes

3:45-4:15 PM [levels 1-6]  
 4:20-4:50 PM [levels 1-6]  
 5:30-6:00 PM [levels 1-6]

#### Tuesday and Thursday classes

10:05-10:35 AM [levels 1-4]  
 10:40-11:10 AM [levels 1-4]  
 1:15-1:45 PM [levels 1-3]  
 1:50-2:20 PM [levels 4-6]  
 3:45-4:15 PM [levels 1-6]  
 4:55-5:25 PM [levels 1-6]

**\*Mini-MAC: ages 8-36 months**  
 11:15-11:45 AM Tuesday & Thursday

### Senior Levels: ages 6-12 years

#### Monday and Wednesday Classes

4:55-5:25 PM [levels 1-6]

#### Tuesday and Thursday classes

4:20-4:50 PM [levels 1-6]  
 5:30-6:00 PM [levels 1-6]

**Olympic Strokes: graduates of level 6**  
 (Prep for JSL and Summer Swim Team)

4:55- 5:25 PM Mon. & Wed.  
 4:20- 4:50 PM Tues. & Thurs.

#### Junior Skill Levels:

**Junior Level 1**  
 Bubbles and Bobs  
**Junior Level 2**  
 Floating, Kicking, Big Arms  
**Junior Level 3**  
 Intro to Freestyle, Breathing Arm  
**Junior Level 4**  
 Advanced Free, Intro to Back  
**Junior Level 5**  
 Advanced Back, Tread Water  
**Junior Level 6**  
 \*Deep water and Advanced Safety

#### Senior Skill Levels:

**Senior Level 1**  
 Bubbles, Bobs, Torpedo  
**Senior Level 2**  
 Floats, Kicking, Breathing Arm  
**Senior Level 3**  
 Intro to Freestyle, Streamline  
**Senior Level 4**  
 Olympic Freestyle, Intro to Back  
**Senior Level 5**  
 Olympic Backstroke, Tread Water  
**Senior Level 6**  
 \*Swim Team Intro