



Winter & Spring 2012 Saturday 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>
Winter I: 1/7/12-2/11/12 (6 lessons)	\$80.00	\$90.00	11/21/11 current 12/3/11 new

Spring I: 2/18/12-3/31/12*	\$80.00	\$90.00	1/23/12 current 1/30/12 new
Spring II: 4/21/12-6/2/12**	\$80.00	\$90.00	3/12/12 current 3/19/12 new

*{OFF Saturday 3/24/11 Tarheel State Meet } {6 Lessons 30 minutes long}

**{OFF Saturday 5/26 Memorial Day} {6 Lessons 30 minutes long}

Junior Levels: ages 3-5 years

Saturday class
 9:40-10:10 AM
 11:00-11:30 AM

Senior Levels: ages 6-12 years {Levels 1-6 offered}

Saturday class
 10:20-10:50 AM

Mini-MAC: Ages 8 – 36 months

Teeny Bobbers 8:25-9:00am 8-23months

Jr. Mini-MAC 9:00-9:30am 24 –36months

Advanced Mini-MAC 9:00-9:30 3 yr olds*

*[New Class designed for 3 yr olds not ready for group lessons]

** Mini-MAC Levels are Parent /Child Classes**

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

11:00-11:30 AM [New Time]

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, Intro to Float

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