

McCallie/GPS Aquatics

BEGINNER & COMPETITIVE STROKE LESSONS

GROUP AND PRIVATE INFORMATION

This program is not ONLY a learn-to-swim program, but rather one that teaches the 4 competitive strokes and proper technique. Lessons are designed for children who cannot swim to those who have limited swimming ability and want to be involved in competitive swimming.

Group lesson swimmers should be water safe (not afraid of the water). Private lessons are available for those who are not water safe.

AGES: 2 years and up

SESSIONS: January 16 – February 15
February 17 – March 19

WHERE: The McCallie Sports and Activities Center

TIMES: Group and Private Lessons available.
Group lessons are ½ hour; private lessons are 15 minutes.

Mondays & Wednesdays: 10:00 a.m. – 7:00 p.m.
Tuesdays & Thursdays: 2:30 p.m. – 7:15 p.m.
Saturdays 10:00 a.m. - 1:00 p.m.

CLASS SIZE: 3 – 8 swimmers per instructor

COST: \$90 for 8 or \$110 for 10 – 1/2 hour group lessons
\$17 per 15 minute or \$34 for 30 minute private lessons
\$35 yearly registration fee

TESTING DAYS: Tuesday, January 14 5:45 – 6:15 p.m.
Tuesday, February 11 5:45 – 6:15 p.m.

WHY DO WE TEST SWIMMERS? Our goal is to place swimmers with equal abilities and ages in the same groups. This ensures maximum learning takes place. All testing is done at the McCallie swimming pool.

GROUPS	Level I	Free and Backstroke (body position and kicking)
LESSONS:	Level II	Advanced Free and Backstroke (arm motion and breathing)
	Level III	Breaststroke (whole stroke)

TO REGISTER, CALL STAN CORCORAN AT McCALLIE, 493-5536.