CHOOSING A SWIMMING CLASS THAT'S RIGHT FOR YOU: The Monterey Sports Center has a variety of swimming classes to choose from. The classes are broken into 5 categories. Our hope is you will be able to find the program that fits you or your child's ability and age.

CATEGORY 1: Parent/Tot Program *(ages 6-36 months)*
CATEGORY 2: Preschool Program *(ages 3-5 years)*
CATEGORY 3: Progressive Level Program *(ages 6-13 years)*
CATEGORY 4: Adult Swimming Instruction *(ages 14-Seniors)*
CATEGORY 5: Private or Semi-Private Instruction (all ages)

CATEGORY 1-PARENT/TOT PROGRAM: For infants and toddlers from 6 months through 36 months. Parent/guardian participation in the water is required.

Starfish: This class focuses on getting children accustomed to the water through playful interaction and games. This course does not teach children to be accomplished swimmers or to survive in the water. Once the child has reached 3 years of age, they can enroll in the Preschool Program classes. Parent participation is required. **Note: Children who are not potty-trained must wear a swim diaper under swimsuit.**

CATEGORY 2-PRESCHOOL PROGRAM: For children 3-5 years old. There are several options in this category that allow a preschool age child to continue their progress in swimming. The levels allow for further advancement for the toddler but keeps them in a class with their peers. Once the child completes the Preschool Program they are ready to enter into the Progressive Level Program at the Seahorse class level.

Sea Turtle: This class focuses on water adjustment through games and playful interaction in the water. Basic swim skills are introduced. The purpose of this class is to develop a comfort level in the water that will prepare the toddler to learn how to swim. Parent participation in the water is optional, but the child must be able to take direction from an instructor if the parent does not participate.

Angelfish: For children who have already been introduced to the water and are comfortable enough in the water to begin to learn the basics of swimming. Instruction focuses on supported floating and beginning arm movements, as well as, rhythmic bobbing. Parent participation in the water is discouraged.

Otter: For children who have acquired basic skills such as supported floating and rhythmic bobbing. Unsupported floating and gliding, as well as front and back crawl arm movements are taught. Personal safety skills are introduced.

Polar Bear: Instruction builds on previously learned skills and introduces elementary backstroke. Deep water safety skills are taught such as bobbing to safety and treading water. Diving from the side of the pool is introduced. Upon successful completion of this class, the participant should be ready to enter into the Seahorse class of the Progressive Level Program.

CATEGORY 3-PROGRESSIVE LEVEL PROGRAM: This program is for children 6-13 years old or children who have completed the Polar Bear level. The classes are broken down into levels that build on the skills learned in the previous level. The prerequisite for each class is to be able to perform the skills from the preceding level. Preschool age children who have completed the Polar Bear class can enroll in the Progressive Level Program starting in the Seahorse class.

Guppie: For children who have never participated in organized swim instruction before. This class focuses on water adjustment through games and playful interaction in the water. Basic swim skills are introduced. The sole purpose of this class is to develop a comfort level in the water that will prepare participants to learn how to swim.

Goldfish: For children who do not have a fear of the water. Unsupported floating, gliding, as well as, front and back crawl arm movements are taught. Personal safety skills are introduced.

Penguin: Instruction builds on previously learned skills and is designed for children who have already learned the basics of front and back crawl. This class introduces elementary backstroke and deep water safety skills such as bobbing to safety and treading water. Diving from the side of the pool is also taught.

Seahorse: For children who have learned how to coordinate front crawl with side to side breathing, and have also learned, but not mastered, back crawl and elementary backstroke. At this level breaststroke and sidestroke skills are incorporated. Students are introduced to safety skills such as rescue breathing and CPR.

Seal: At this level front and back crawl, and elementary backstroke coordination should be mastered. Breaststroke and sidestroke skills are refined and butterfly is introduced. Safety and rescue skills such as the feet-first surface dive and recognizing a spinal injury are taught.

Dolphin: Students should have been introduced to all 6 strokes by this level: Front and back crawl, elementary backstroke, sidestroke, breaststroke, and butterfly. This class focuses on refining each of the strokes. Competitive turns are introduced and age appropriate safety skills are taught.

CATEGORY 4-ADULT SWIMMING INSTRUCTION:
These classes are designed for ages 14 through Seniors.

Adult Beginner: For adults who want to learn how to swim. Emphasis is placed on personal safety in and around the water and basic swimming strokes are introduced. Classes are paced to the individual's skill level.

Adult Swimmer: For adults who have learned the basics of front and back crawl coordination and would like to learn more advanced strokes such as breaststroke, sidestroke, and butterfly. Classes are paced to the individual's skill level.

CATEGORY 5-PRIVATE OR SEMI-PRIVATE INSTRUCTION: These classes are for any age or ability. Parent participation may be required for children under 3. Instruction is geared towards the individual's ability. Scheduling is ongoing based on availability. Registration is limited. CALL THE PRIVATE LESSON HOTLINE NOW AT 646-3738 TO RESERVE YOUR SPACE!!

Private: Instruction is one student to one instructor.
Fee: $32 per half-hour session

Semi-Private: Instruction is two students of similar age and ability to one instructor.
Fee: $37 per half-hour session ($18.50 per student).

Private lessons will help your child achieve the next level!

MISSED LESSONS (all classes): It is essential that you attend each lesson to receive the full benefit of the class. Sorry, there are no make-up lessons for missed classes (this includes Holidays). One complimentary swim pass for each swimmer will be issued if a Holiday falls during a swim session. Holidays include: July 4, September 2 and November 28.

SATURDAY SWIM LESSONS

8 LESSONS-8 WEEK SESSION-ALL CLASSES 1/2 HOUR IN LENGTH
Fee: $50 Mty Res Fee: $45
SESSION DATES:
A) Jul 20-Sep 7 C) Nov 9-Dec 28
B) Sep 14-Nov 2

ACTIVITY	AGES	TIME	ACTIVITY #
Starfish	6 mos.-3 years	10:30am	41015
		11:30am	41016
Sea Turtle	3-5 years	9:00am	41043
		9:30am	41044
		10:30am	41045
		11:00am	41046
		11:30am	41047
Angelfish	3-5 years	9:00am	41075
		9:30am	41076
		10:00am	41077
		11:00am	41078
Otter	3-5 years	9:00am	41105
		9:30am	41106
		10:00am	41107
		10:30am	41108
		11:30am	41109
Polar Bear	3-5 years	9:00am	41125
		10:00am	41126
		10:30am	41127
		11:30am	41128
Guppie	6-13 years	11:00am	41148
Goldfish	6-13 years	9:30am	41165
		11:00am	41166
Penguin	6-13 years	9:30am	41190
		10:00am	41191
Seahorse	6-13 years	10:30am	41215
		11:30am	41216
Seal	6-13 years	11:00am	41240
Dolphin	6-13 years	10:00am	41260
Adult Beginner	14-Seniors	9:00am	41285

SUMMER SWIM LESSONS

Monday through Thursday.
8 LESSONS-2 WEEK SESSION-ALL CLASSES 1/2 HOUR IN LENGTH
Fee: $50 Mty Res Fee: $45
SESSION DATES:
A) Jun 10-Jun 20 C) Jul 8-Jul 18
B) Jun 24-Jul 3 (No Class Jul 4) D) Jul 22-Aug 1

ACTIVITY	AGES	TIME	ACTIVITY #
Starfish	6 mos.-3 years	11:00am	41011
		4:00pm	41012
		5:00pm	41013
Sea Turtle	3-5 years	9:00am	41036
		10:30am	41037
		11:00am	41038
		11:30am	41039
		4:30pm	41040
		5:00pm	41041
		6:00pm	41042
Angelfish	3-5 years	9:00am	41065
		9:30am	41066
		10:00am	41067
		11:30am	41069
		4:00pm	41070
		5:00pm	41071
		6:00pm	41072
		6:30pm	41073
Otter	3-5 years	9:00am	41096
		9:30am	41097
		10:00am	41098
		10:30am	41099
		11:30am	41100
		4:00pm	41101
		4:30pm	41102
		5:30pm	41103
		6:30pm	41104
Polar Bear	3-5 years	9:30am	41117
		10:00am	41118
		10:30am	41119
		4:00pm	41121
		5:00pm	41122
		5:30pm	41123
		6:00pm	41124
Guppie	6-13 years	10:00am	41145
		4:30pm	41146
		5:30pm	41147
Goldfish	6-13 years	9:00am	41159
		10:30am	41160
		5:00pm	41162
Penguin	6-13 years	9:30am	41185
		11:30am	41187
		4:30pm	41188
		5:30pm	41189
Seahorse	6-13 years	9:00am	41208
		11:30am	41209
		4:30pm	41210
		5:30pm	41211
		6:30pm	41212
Seal	6-13 years	9:30am	41233
		10:30am	41234
		4:00pm	41236
		6:30pm	41237
Dolphin	6-13 years	10:00am	41255
		6:00pm	41256
Adult Beginner	14-Seniors	6:00pm	41283
Adult Swimmer	14-Seniors	6:30pm	41293

MONDAY AND WEDNESDAY SWIM LESSONS

8 LESSONS-4 WEEK SESSION-ALL CLASSES 1/2 HOUR IN LENGTH
Fee: $50 Mty Res Fee: $45
SESSION DATES:
A) Aug 5-Aug 28 D) Oct 28-Nov 20
B) Sep 4-Sep 25 (No Class Sep 2) E) Nov 25-Dec 18
C) Sep 30-Oct 23

CATEGORY	AGES	TIME	ACTIVITY #
Starfish	6 mos.-3 years	11:00am	41001
		5:00pm	41002
Sea Turtle	3-5 years	10:00am	41025
		4:30pm	41026
		5:30pm	41027
Angelfish	3-5 years	11:30am	41050
		4:00pm	41051
		4:30pm	41052
		5:00pm	41053
		6:00pm	41054
Otter	3-5 years	10:30am	41085
		4:00pm	41086
		5:00pm	41087
		5:30pm	41088
		6:00pm	41089
Polar Bear	3-5 years	4:30pm	41110
		5:30pm	41111
		6:30pm	41112
Guppie	6-13 years	6:00pm	41135
Goldfish	6-13 years	5:00pm	41150
Penguin	6-13 years	4:00pm	41175
		5:30pm	41176
Seahorse	6-13 years	4:00pm	41200
		6:30pm	41201
Seal	6-13 years	4:30pm	41225
		6:00pm	41226
Dolphin	6-13 years	6:30pm	41250
Adult Beginner	14-Seniors	6:30pm	41280

TUESDAY AND THURSDAY SWIM LESSONS

8 LESSONS-4 WEEK SESSION-ALL CLASSES 1/2 HOUR IN LENGTH
Fee: $50 Mty Res Fee: $45
SESSION DATES:

A) Aug 6-Aug 29
B) Sep 3-Sep 26
C) Oct 1-Oct 24
D) Oct 29-Nov 21
E) Nov 26-Dec 19 (No Class Nov 28)

ACTIVITY	AGES	TIME	ACTIVITY #
Starfish	6 mos.-3 years	5:30pm	41006
Sea Turtle	3-5 years	11:30am	41030
		6:00pm	41031
Angelfish	3-5 years	10:00am	41060
		4:30pm	41061
		5:00pm	41062
		6:00pm	41063
		6:30pm	41064
Otter	3-5 years	10:30am	41090
		4:00pm	41091
		4:30pm	41092
		5:00pm	41093
		5:30pm	41094
		6:30pm	41095
Polar Bear	3-5 years	11:00am	41113
		4:00pm	41114
		5:00pm	41115
		6:00pm	41116
Guppie	6-13 years	4:00pm	41140
Goldfish	6-13 years	4:00pm	41155
		6:00pm	41156
Penguin	6-13 years	4:30pm	41180
		6:30pm	41181
Seahorse	6-13 years	4:30pm	41204
		5:30pm	41205
Seal	6-13 years	5:00pm	41229
Dolphin	6-13 years	5:30pm	41253
Adult Swimmer	14-Seniors	6:30pm	41290

Pre-Team Swim Training

This program offers coaching in the four competitive strokes. Emphasis is on conditioning, stroke technique and refinement. Participants should be able to swim multiple laps continuously.

For ages 6-17 years.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
M-Th	4:00-5:00pm	May 28-Jun 6 *(No Class May 27)*	Sports Center	Staff	$50	$45	41315-A
M,W	4:00-5:00pm	Jun 10-Jul 3	Sports Center	Staff	$50	$45	41315-B
M,W	4:00-5:00pm	Jul 8-Jul 31	Sports Center	Staff	$50	$45	41315-C
M,W	4:00-5:00pm	Aug 5-Aug 28	Sports Center	Staff	$50	$45	41315-D
M,W	4:00-5:00pm	Sep 4-Sep 25 (No Class Sep 2)	Sports Center	Staff	$50	$45	41315-E
M,W	4:00-5:00pm	Sep 30-Oct 23	Sports Center	Staff	$50	$45	41315-F
M,W	4:00-5:00pm	Oct 28-Nov 20	Sports Center	Staff	$50	$45	41315-G
M,W	4:00-5:00pm	Nov 25-Dec 18	Sports Center	Staff	$50	$45	41315-H
Tu,Th	4:30-5:30pm	Jun 11-Jul 2 *(No Class Jul 4)*	Sports Center	Staff	$50	$45	41316-B
Tu,Th	4:30-5:30pm	Jul 9-Aug 1	Sports Center	Staff	$50	$45	41316-C
Tu,Th	4:30-5:30pm	Aug 6-Aug 29	Sports Center	Staff	$50	$45	41316-D
Tu,Th	4:30-5:30pm	Sep 3-Sep 26	Sports Center	Staff	$50	$45	41316-E
Tu,Th	4:30-5:30pm	Oct 1-Oct 24	Sports Center	Staff	$50	$45	41316-F
Tu,Th	4:30-5:30pm	Oct 29-Nov 21	Sports Center	Staff	$50	$45	41316-G
Tu,Th	4:30-5:30pm	Nov 26-Dec 19 *(No Class Nov 28)*	Sports Center	Staff	$50	$45	41316-H

Tot Time

This is a special time on Fridays for parents with small children (5 and under) to enjoy the pools. **Note: Children who are not potty-trained must wear a swim diaper under swimsuit.**

For ages 5 and under with adult 18 years or older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
F	10:15-11:15am	Jun 21-Jul 12	Sports Center	Staff	$26	$18	41365-A
F	10:15-11:15am	Jul 19-Aug 9	Sports Center	Staff	$26	$18	41365-B
F	10:15-11:15am	Aug 16-Sep 6	Sports Center	Staff	$26	$18	41365-C
F	10:15-11:15am	Sep 13-Oct 4	Sports Center	Staff	$26	$18	41365-D
F	10:15-11:15am	Oct 11-Nov 1	Sports Center	Staff	$26	$18	41365-E
F	10:15-11:15am	Nov 8-Nov 29	Sports Center	Staff	$26	$18	41365-F
F	10:15-11:15am	Dec 6-Dec 27	Sports Center	Staff	$26	$18	41365-G
F	5:30-6:30pm	Jun 21-Jul 12	Sports Center	Staff	$26	$18	41366-A
F	5:30-6:30pm	Jul 19-Aug 9	Sports Center	Staff	$26	$18	41366-B
F	5:30-6:30pm	Aug 16-Sep 6	Sports Center	Staff	$26	$18	41366-C
F	5:30-6:30pm	Sep 13-Oct 4	Sports Center	Staff	$26	$18	41366-D
F	5:30-6:30pm	Oct 11-Nov 1	Sports Center	Staff	$26	$18	41366-E
F	5:30-6:30pm	Nov 8-Nov 29	Sports Center	Staff	$26	$18	41366-F
F	5:30-6:30pm	Dec 6-Dec 27	Sports Center	Staff	$26	$18	41366-G

MSC Camps

Sports Camp Plus

At Sports Camp Plus there are new activities every day! The schedule is packed with over 30 fun activities each week including Capture the Flag, floor hockey, basketball, whiffleball, swimming, and much more! Campers also go on a field trip to Dennis the Menace Park!

For ages 2nd through 7th grade.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
M-F	9:00am-5:00pm	Jun 3-Jun 7	Sports Center	Staff	$150	$135	43055-A
M-F	9:00am-5:00pm	Jun 10-Jun 14	Sports Center	Staff	$150	$135	43055-B
M-F	9:00am-5:00pm	Jun 17-Jun 21	Sports Center	Staff	$150	$135	43055-C
M-F	9:00am-5:00pm	Jun 24-Jun 28	Sports Center	Staff	$150	$135	43055-D
M-F	9:00am-5:00pm	Jul 1-Jul 5 *(No Camp Jul 4)*	Sports Center	Staff	$120	$108	43055-E
M-F	9:00am-5:00pm	Jul 8-Jul 12	Sports Center	Staff	$150	$135	43055-F
M-F	9:00am-5:00pm	Jul 15-Jul 19	Sports Center	Staff	$150	$135	43055-G
M-F	9:00am-5:00pm	Jul 22-Jul 26	Sports Center	Staff	$150	$135	43055-H
M-F	9:00am-5:00pm	Jul 29-Aug 2	Sports Center	Staff	$150	$135	43055-I
M-F	9:00am-5:00pm	Aug 5-Aug 9	Sports Center	Staff	$150	$135	43055-J
M-F	9:00am-5:00pm	Oct 7-Oct 11	Sports Center	Staff	$150	$135	43055-K

*Daily Fees: $48/Mty Res Fee: $45. Can only be paid during the current week and only if space is available. Daily fees not available online. **Note: Parents may drop children off as early as 7:30am and pick them up as late as 5:30pm.**

Sports Camp Plus – Swim Lessons

Once enrolled for a week of Sports Camp Plus, campers have the opportunity to sign up for four 30-minute swim lessons. Campers will be divided into Beginner, Intermediate and Advanced levels.

For ages 2nd through 7th grade.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	ACTIVITY#
M-Th	11:00-11:30am	Jun 3-Jun 6	Sports Center	Staff	$22	43056-A
M-Th	11:00-11:30am	Jun 10-Jun 13	Sports Center	Staff	$22	43056-B
M-Th	11:00-11:30am	Jun 17-Jun 20	Sports Center	Staff	$22	43056-C
M-Th	11:00-11:30am	Jun 24-Jun 27	Sports Center	Staff	$22	43056-D
M-Th	11:00-11:30am	Jul 1-Jul 3 *(No Camp Jul 4)*	Sports Center	Staff	$16.50	43056-E
M-Th	11:00-11:30am	Jul 8-Jul 11	Sports Center	Staff	$22	43056-F
M-Th	11:00-11:30am	Jul 15-Jul 18	Sports Center	Staff	$22	43056-G
M-Th	11:00-11:30am	Jul 22-Jul 25	Sports Center	Staff	$22	43056-H
M-Th	11:00-11:30am	Jul 29-Aug 1	Sports Center	Staff	$22	43056-I