

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 that you will be able to find the program that fits with 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-children under 3 may require parent participation)

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.

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.



Guppy: 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: \$30 per half-hour session

Semi-Private: Instruction is two students of similar age and ability to one instructor.

Fee: \$35 per half-hour session (\$17.50 per student).



MISSED LESSONS (all classes): It is essential that you attend each lesson to receive the full benefit of the class, so please plan your schedule carefully. 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 7, and November 26.

SATURDAY SWIM LESSONS

8 LESSONS-8 WEEK SESSION-ALL CLASSES 1/2 HOUR IN LENGTH
 FEES: \$42 Monterey City Resident \$47 Other City Resident

SESSION DATES:

- A) Jun 20-Aug 8 (no class Jul 4)
- B) Aug 15-Oct 3
- C) Oct 10-Nov 28

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	9:30am	41105
		10:00am	41106
		10:30am	41107
		11:00am	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	9:00am	41240
		10:00am	41260
		9:00am	41255
		6:00pm	41256
Adult Beginner	14-Seniors	9:00am	41285

SUMMER SWIM LESSONS

Monday through Thursday
 8 LESSONS-4 WEEK SESSION-ALL CLASSES 1/2 HOUR IN LENGTH
 FEES: \$42 Monterey City Resident \$47 Other City Resident

SESSION DATES:

- A) Jun 8-Jun 18
- B) Jun 22-Jul 2
- C) Jul 6-Jul 16
- D) Jul 20-Jul 30
- E) Aug 3-Aug 13

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	10:30am	41160
		11:30am	41161
		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
		10:00am	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	9:00am	41255
		6:00pm	41256
Adult Beginner	14-Seniors	6:00pm	41283
Adult Swimmer	14-Seniors	6:30pm	41293

BACK TO SCHOOL LESSONS

Monday through Thursday
8 LESSONS-4 WEEK SESSION-ALL CLASSES 1/2 HOUR IN LENGTH
FEES: \$42 Monterey City Resident \$47 Other City Resident

SESSION DATES:

F) Aug 17-Aug 27

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
		4:30pm	41040
		5:00pm	41041
		6:00pm	41042

Angelfish	3-5 years	9:30am	41066
		11:30am	41069
		4:00pm	41070
		5:00pm	41071
		6:00pm	41072
		6:30pm	41073

Otter	3-5 years	10:00am	41098
		4:00pm	41101
		4:30pm	41102
		5:30pm	41103
		6:30pm	41104

Polar Bear	3-5 years	10:30am	41119
		4:00pm	41121
		5:00pm	41122
		5:30pm	41123
		6:00pm	41124

Guppie	6-13 years	4:30pm	41146
		5:30pm	41147

Goldfish	6-13 years	5:00pm	41162
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Penguin	6-13 years	4:30pm	41188
		5:30pm	41189

Seahorse	6-13 years	4:30pm	41210
		5:30pm	41211
		6:30pm	41212

Seal	6-13 years	4:00pm	41236
		6:30pm	41237

Dolphin	6-13 years	6:00pm	41256
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Adult Beginner	14-Seniors	6:00pm	41283
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Adult Swimmer	14-Seniors	6:30pm	41293
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MONDAY AND WEDNESDAY SWIM LESSONS

8 LESSONS-4 WEEK SESSION-ALL CLASSES 1/2 HOUR IN LENGTH
FEES: \$42 Monterey City Resident \$47 Other City Resident

SESSION DATES:

- A) Aug 31-Sep 23 (no class Sep 7)
- B) Sep 28-Oct 21
- C) Oct 26-Nov 18
- D) Nov 23-Dec 16

ACTIVITY	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
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Goldfish	6-13 years	5:00pm	41150
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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
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Adult Beginner	14-Seniors	6:30pm	41280
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TUESDAY AND THURSDAY SWIM LESSONS

8 LESSONS-4 WEEK SESSION-ALL CLASSES 1/2 HOUR IN LENGTH
FEES: \$42 Monterey City Resident \$47 Other City Resident

SESSION DATES:

- A) Sep 1-Sep 24
- B) Sep 29-Oct 22
- C) Oct 27-Nov 19
- D) Nov 24-Dec 17 (no class Nov 26)

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
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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
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Dolphin	6-13 years	5:30pm	41253
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Adult Swimmer	14-Seniors	6:30pm	41290
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