

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 backstroke 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: February 15 and May 31.

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) Dec 5-Jan 30 (no class Dec 26)
- B) Feb 6-Mar 27
- C) Apr 3-May 22
- D) May 29-Jul 17

ACTIVITY	AGES	TIME	ACTIVITY #
Starfish	6 mos.-3 years	10:30am	51015
		11:30am	51016
Sea Turtle	3-5 years	9:00am	51043
		9:30am	51044
		10:30am	51045
		11:00am	51046
		11:30am	51047
Angelfish	3-5 years	9:00am	51075
		9:30am	51076
		10:00am	51077
		11:00am	51078
Otter	3-5 years	9:30am	51105
		10:00am	51106
		10:30am	51107
		11:00am	51108
		11:30am	51109
Polar Bear	3-5 years	9:00am	51125
		10:00am	51126
		10:30am	51127
		11:30am	51128
Guppie	6-13 years	11:00am	51148
Goldfish	6-13 years	9:30am	51165
		11:00am	51166
Penguin	6-13 years	9:30am	51190
		10:00am	51191
Seahorse	6-13 years	10:30am	51215
		11:30am	51216
Seal	6-13 years	9:00am	51240
Dolphin	6-13 years	10:00am	51260
Adult Beginner	14-Seniors	9:00am	51285

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) Jan 4-Jan 27
- B) Feb 1-Feb 24 (no class Feb 15)
- C) Mar 1-Mar 24
- D) Mar 29-Apr 21
- E) Apr 26-May 19

ACTIVITY	AGES	TIME	ACTIVITY #
Starfish	6 mos.-3 years	11:00am	51001
		5:00pm	51002
Sea Turtle	3-5 years	10:00am	51025
		4:30pm	51026
		5:30pm	51027
Angelfish	3-5 years	11:30am	51050
		4:00pm	51051
		4:30pm	51052
		5:00pm	51053
		6:00pm	51054
Otter	3-5 years	10:30am	51085
		4:00pm	51086
		5:00pm	51087
		5:30pm	51088
		6:00pm	51089
Polar Bear	3-5 years	4:30pm	51110
		5:30pm	51111
		6:30pm	51112
Guppie	6-13 years	6:00pm	51135
Goldfish	6-13 years	5:00pm	51150
Penguin	6-13 years	4:00pm	51175
		5:30pm	51176
Seahorse	6-13 years	4:00pm	51200
		6:30pm	51201
Seal	6-13 years	4:30pm	51225
		6:00pm	51226
Dolphin	6-13 years	6:30pm	51250
Adult Beginner	14-Seniors	6:30pm	51280





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) Jan 5-Jan 28
 B) Feb 2-Feb 25
 C) Mar 2-Mar 25
 D) Mar 30-Apr 22
 E) Apr 27-May 20

ACTIVITY	AGES	TIME	ACTIVITY #
Starfish	6 mos.-3 years	5:30pm	51006
Sea Turtle	3-5 years	11:30am 6:00pm	51030 51031
Angelfish	3-5 years	10:00am 4:30pm 5:00pm 6:00pm 6:30pm	51060 51061 51062 51063 51064
Otter	3-5 years	10:30am 4:00pm 4:30pm 5:00pm 5:30pm 6:30pm	51090 51091 51092 51093 51094 51095
Polar Bear	3-5 years	11:00am 4:00pm 5:00pm 6:00pm	51113 51114 51115 51116
Guppie	6-13 years	4:00pm	51140
Goldfish	6-13 years	4:00pm 6:00pm	51155 51156
Penguin	6-13 years	4:30pm 6:30pm	51180 51181
Seahorse	6-13 years	4:30pm 5:30pm	51204 51205
Seal	6-13 years	5:00pm	51229
Dolphin	6-13 years	5:30pm	51253
Adult Swimmer	14-Seniors	6:30pm	51290

PRE-SUMMER SWIM LESSONS

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

SESSION DATES:
 A) May 24-Jun 3 (Monday-Thursday, no class May 31)

ACTIVITY	AGES	TIME	ACTIVITY #
Starfish	6 mos.-3 years	11:30am 5:00pm	51010 51011
Sea Turtle	3-5 years	10:00am 4:30pm 5:30pm	51035 51036 51037
Angelfish	3-5 years	11:00am 4:00pm 4:30pm 5:00pm 6:00pm	51066 51067 51068 51069 51070
Otter	3-5 years	10:30am 4:00pm 5:00pm 5:30pm 6:00pm	51098 51099 51100 51101 51102
Polar Bear	3-5 years	4:30pm 5:30pm 6:30pm	51120 51121 51122
Guppie	6-13 years	6:00pm	51145
Goldfish	6-13 years	5:00pm	51160
Penguin	6-13 years	4:00pm 5:30pm	51185 51186
Seahorse	6-13 years	4:00pm 6:30pm	51210 51211
Seal	6-13 years	4:30pm 6:00pm	51235 51236
Dolphin	6-13 years	6:30pm	51257
Adult Beginner	14-Seniors	6:30pm	51282



Pre-Team Swim Training

This program offers coaching in the four competitive strokes. Emphasis is on conditioning, stroke technique and refinement. Participants should be at a Seahorse level or higher and capable of swimming two laps front crawl.

For ages 6-17 years.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	MCR FEE	OCR FEE	ACTIVITY#
M,W	4:00-5:00pm	Jan 4-Jan 27	Sports Center	Staff	\$38	\$46	51315-A
M,W	4:00-5:00pm	Feb 1-Feb 24 (no class Feb 15)	Sports Center	Staff	\$38	\$46	51315-B
M,W	4:00-5:00pm	Mar 1-Mar 24	Sports Center	Staff	\$38	\$46	51315-C
M,W	4:00-5:00pm	Mar 29-Apr 21	Sports Center	Staff	\$38	\$46	51315-D
M,W	4:00-5:00pm	Apr 26-May 19	Sports Center	Staff	\$38	\$46	51315-E
M,Th	4:00-5:00pm	May 24-Jun 3 (no class May 31)	Sports Center	Staff	\$38	\$46	51315-F

Tot Time

This is a special time on Fridays for parents with small children (5 and under) to enjoy the pools.

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

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	MCR FEE	OCR FEE	ACTIVITY#
F	10:15-11:15am	Dec 11-Dec 18	Sports Center	Staff	\$9	\$13	51365-A
F	10:15-11:15am	Jan 8-Jan 29	Sports Center	Staff	\$18	\$26	51365-B
F	10:15-11:15am	Feb 5-Feb 26	Sports Center	Staff	\$18	\$26	51365-C
F	10:15-11:15am	Mar 5-Mar 26	Sports Center	Staff	\$18	\$26	51365-D
F	10:15-11:15am	Apr 2-Apr 23	Sports Center	Staff	\$18	\$26	51365-E
F	10:15-11:15am	Apr 30-May 21	Sports Center	Staff	\$18	\$26	51365-F
F	10:15-11:15am	May 28-Jun 18	Sports Center	Staff	\$18	\$26	51365-G
F	5:30-6:30pm	Dec 11-Dec 18	Sports Center	Staff	\$9	\$13	51366-A
F	5:30-6:30pm	Jan 8-Jan 29	Sports Center	Staff	\$18	\$26	51366-B
F	5:30-6:30pm	Feb 5-Feb 26	Sports Center	Staff	\$18	\$26	51366-C
F	5:30-6:30pm	Mar 5-Mar 26	Sports Center	Staff	\$18	\$26	51366-D
F	5:30-6:30pm	Apr 2-Apr 23	Sports Center	Staff	\$18	\$26	51366-E
F	5:30-6:30pm	Apr 30-May 21	Sports Center	Staff	\$18	\$26	51366-F
F	5:30-6:30pm	May 28-Jun 18	Sports Center	Staff	\$18	\$26	51366-G

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MSC Aquatics

American Red Cross Lifeguard Training

This course covers the skills and knowledge required for effective lifeguarding. Participants should be strong swimmers and must meet prerequisites as set by the American Red Cross. This course includes First Aid, CPR, AED, and Lifeguard Training Certificates. ATTENDANCE AT ALL CLASS SESSIONS IS MANDATORY. Participants must purchase pocket mask and books from the American Red Cross prior to the start of class.

Participants must be 15 years or older by the end of the class.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	MCR FEE	OCR FEE	ACTIVITY#
Sa,Su	8:30am-12:00pm & 12:30-5:00pm	Mar 20-Mar 28	Sports Center	Staff	\$130	\$138	51335-A
Sa,Su	8:30am-12:00pm & 12:30-5:00pm	Apr 10-Apr 18	Sports Center	Staff	\$130	\$138	51335-B

American Red Cross Water Safety Instructor Course

This is an instructor level course. Participants should have knowledge of basic water safety skills and an ability to swim the following strokes: freestyle, backstroke, breaststroke, butterfly, sidestroke, and elementary backstroke. There is a skills screening on the first day of class. This course provides instruction on how to teach a variety of swimming skills according to American Red Cross Standards. ATTENDANCE AT ALL SESSIONS IS MANDATORY. Participants must purchase books from the American Red Cross prior to the start of class.

Participants must be 16 years of age or older by the end of the class.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	MCR FEE	OCR FEE	ACTIVITY#
W	5:00-8:30pm &	Apr 14-May 15	Sports Center	Staff	\$130	\$138	51336-A
Sa	8:00am-12:00pm						

Family Kayak Adventure

Come visit your neighbors-seals, otters, sea lions and more! Lead by naturalist guides, this unique program is for families and will be an experience everyone will remember. No previous experience required. Cost includes all equipment. For reservations and more information, stop by or call Monterey Bay Kayaks at 373-5357.

For ages 3 and older (children must be accompanied by an adult).

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Su	10:00am-12:00pm	1st & 3rd Sunday of each month	Monterey Bay Kayaks	Naturalist Guides	\$25 per person