

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.**

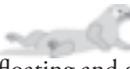
CATEGORY 2-PRESCHOOL PROGRAM: For children 3-5 years old. There are several options in this category that allow a preschool age child to continue their progress in swimming. The levels allow for further advancement for the toddler but keeps them in a class with their peers. Once the child completes the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



Goldfish: This level is for beginners. The class focuses on water adjustment basic swim skills such as floating, gliding, front and back crawl arm movements. The purpose of this class is to develop a comfort level in the water.



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 breathing, and have also learned, but not mastered, back crawl and elementary backstroke. At this level breaststroke and sidestroke skills are incorporated.



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.



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 LINE NOW AT 646-3738 TO RESERVE YOUR SPACE!!**

Private: Instruction is one student to one instructor.

Fee: \$33 per half-hour session

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

Fee: \$38 per half-hour session (\$19 per student).

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: January 16, February 20 and May 29.**

Private lessons will help your child achieve the next level!



SATURDAY SWIM LESSONS

8 LESSONS-8 WEEK SESSION-ALL CLASSES 1/2 HOUR IN LENGTH

Fee: \$54 Mty Res Fee: \$49

SESSION DATES:

- A) Dec 10-Feb 11 (No Class Dec 24 & 31) C) Apr 15-Jun 3
B) Feb 18-Apr 8

ACTIVITY	AGES	TIME	ACTIVITY #
Starfish	6 mos.-3 years	9:00am	51014
		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	51106
		10:00am	51107
		10:30am	51108
		11:30am	51109
		9:00am	51125
Polar Bear	3-5 years	10:00am	51126
		10:30am	51127
		11:30am	51128
		9:30am	51165
Goldfish	6-13 years	10:00am	51166
		11:00am	51167
		9:30am	51190
Penguin	6-13 years	11:00am	51191
		10:30am	51215
Seahorse	6-13 years	11:30am	51216
		11:00am	51240
Seal	6-13 years	11:00am	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

Fee: \$54 Mty Res Fee: \$49

SESSION DATES:

- A) Jan 2-Jan 25 (No Class Jan 16) D) Mar 27-Apr 19
B) Jan 30-Feb 22 (No Class Feb 20) E) Apr 24-May 17
C) Feb 27-Mar 22

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
Goldfish	6-13 years	5:00pm	51150
		6:00pm	51151
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

Fee: \$54 Mty Res Fee: \$49

SESSION DATES:

- A) Jan 3-Jan 26 D) Mar 28-Apr 20
B) Jan 31-Feb 23 E) Apr 25-May 18
C) Feb 28-Mar 23

ACTIVITY	AGES	TIME	ACTIVITY #
Starfish	6 mos.-3 years	5:30pm	51006
		11:30am	51030
Sea Turtle	3-5 years	4:00pm	51031
		6:00pm	51032
		10:00am	51060
Angelfish	3-5 years	4:30pm	51061
		5:00pm	51062
		6:00pm	51063
		6:30pm	51064
Otter	3-5 years	10:30am	51090
		4:00pm	51091
		4:30pm	51092
		5:30pm	51094
		6:30pm	51095
Polar Bear	3-5 years	11:00am	51113
		4:00pm	51114
		5:00pm	51115
		6:00pm	51116
Goldfish	6-13 years	4:00pm	51154
		5:00pm	51155
		6:00pm	51156
Penguin	6-13 years	4:30pm	51180
		6:30pm	51181
Seahorse	6-13 years	4:30pm	51204
		5:30pm	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

MONDAY THROUGH THURSDAY

7 LESSONS-2 WEEK SESSION-ALL CLASSES 1/2 HOUR IN LENGTH

Fee: \$54 Mty Res Fee: \$49

SESSION DATES:

- A) May 22-Jun 1 (No Class May 29)

ACTIVITY	AGES	TIME	ACTIVITY #
Starfish	6 mos.-3 years	11:30am	51010
		5:00pm	51011
Sea Turtle	3-5 years	10:00am	51035
		4:30pm	51036
		5:30pm	51037
Angelfish	3-5 years	11:00am	51066
		4:00pm	51067
		4:30pm	51068
		5:00pm	51069
		6:00pm	51070
Otter	3-5 years	10:30am	51098
		4:00pm	51099
		5:00pm	51100
		5:30pm	51101
		6:00pm	51102
Polar Bear	3-5 years	4:30pm	51120
		5:30pm	51121
		6:30pm	51122
Goldfish	6-13 years	5:00pm	51160
		6:00pm	51161
Penguin	6-13 years	4:00pm	51185
		5:30pm	51186
Seahorse	6-13 years	4:00pm	51210
		6:30pm	51211
Seal	6-13 years	4:30pm	51235
		6:00pm	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 able to swim multiple laps continuously.

For ages 6-17 years.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
M,W	4:00-5:00pm	Jan 2-Jan 25 (No Class Jan 16)	Sports Center	Staff	\$54	\$49	51315-A
M,W	4:00-5:00pm	Jan 30-Feb 22 (No Class Feb 20)	Sports Center	Staff	\$54	\$49	51315-B
M,W	4:00-5:00pm	Feb 27-Mar 22	Sports Center	Staff	\$54	\$49	51315-C
M,W	4:00-5:00pm	Mar 27-Apr 19	Sports Center	Staff	\$54	\$49	51315-D
M,W	4:00-5:00pm	Apr 24-May 17	Sports Center	Staff	\$54	\$49	51315-E
Tu,Th	4:30-5:30pm	Jan 3-Jan 26	Sports Center	Staff	\$54	\$49	51316-A
Tu,Th	4:30-5:30pm	Jan 31-Feb 23	Sports Center	Staff	\$54	\$49	51316-B
Tu,Th	4:30-5:30pm	Feb 28-Mar 23	Sports Center	Staff	\$54	\$49	51316-C
Tu,Th	4:30-5:30pm	Mar 28-Apr 20	Sports Center	Staff	\$54	\$49	51316-D
Tu,Th	4:30-5:30pm	Apr 25-May 18	Sports Center	Staff	\$54	\$49	51316-E

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	Dec 9-Dec 30	Sports Center	Staff	\$26	\$18	51365-A
F	10:15-11:15am	Jan 6-Jan 27	Sports Center	Staff	\$26	\$18	51365-B
F	10:15-11:15am	Feb 3-Feb 24	Sports Center	Staff	\$26	\$18	51365-C
F	10:15-11:15am	Mar 3-Mar 24	Sports Center	Staff	\$26	\$18	51365-D
F	10:15-11:15am	Mar 31-Apr 21	Sports Center	Staff	\$26	\$18	51365-E
F	10:15-11:15am	Apr 28-May 19	Sports Center	Staff	\$26	\$18	51365-F
F	10:15-11:15am	May 26-Jun 16	Sports Center	Staff	\$26	\$18	51365-G
F	5:30-6:30pm	Dec 9-Dec 30	Sports Center	Staff	\$26	\$18	51366-A
F	5:30-6:30pm	Jan 6-Jan 27	Sports Center	Staff	\$26	\$18	51366-B
F	5:30-6:30pm	Feb 3-Feb 24	Sports Center	Staff	\$26	\$18	51366-C
F	5:30-6:30pm	Mar 3-Mar 24	Sports Center	Staff	\$26	\$18	51366-D
F	5:30-6:30pm	Mar 31-Apr 21	Sports Center	Staff	\$26	\$18	51366-E
F	5:30-6:30pm	Apr 28-May 19	Sports Center	Staff	\$26	\$18	51366-F
F	5:30-6:30pm	May 26-Jun 16	Sports Center	Staff	\$26	\$18	51366-G

Splash Time

This is a special time on Mondays through 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	FEE
M-F	1:30-2:30pm	Nov 28-May 26	Sports Center	Drop-In Fee or Free with Membership

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

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
Sa,Su	8:30am-4:00pm	Mar 11-Mar 19	Sports Center	Staff	\$168	\$160	51335-A
Sa,Su	8:30am-4:00pm	Apr 22-Apr 30	Sports Center	Staff	\$168	\$160	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. Call the Aquatics Coordinator at 646-3491 for course schedule.**

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

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
Sa,Su	10:00am-6:00pm	TBA	Sports Center	Staff	\$168	\$160	51336-A

Float Night

Bring anything that floats and enjoy an evening of fun with the family. Inner tubes, beach balls, water wings, and lifejackets are all welcome. **Note: Children 5 years and under must be with a companion 18 years or older when in the water.**

For all ages.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
F	7:00-9:15pm	Every Friday	Sports Center	Staff	Membership or Drop-in Admission