

# MONTGOMERY SWIM ACADEMY

## GROUP LESSON INFORMATION

*All swimmers will be evaluated to assure proper level placement.*

### IN WATER instruction levels

#### **Beginner 1:** 30-minute lessons

Designed for younger non-swimmers to become acclimated to being in and under the water. Basic water safety and foundational techniques are taught ranging from bobbing under water, back floats to initial stroke development of freestyle and backstroke.

#### **Beginner 2:** 45-minute lessons

Designed for swimmers who are water confident and comfortable but require assistance performing skills. Streamline kicking on front and back, progressing stroke development of freestyle and backstroke. Elementary backstroke skills are introduced as well the initial mechanics of treading water. Deep water introduction.

#### **Beginner 3:** 45-minute lessons

Designed for swimmers who are water confident and comfortable and are able to perform skills without assistance for a distance of at least 3 yds (depending on skill). Progressing of stroke development of freestyle and backstroke (out of water arms, rotary breathing). Elementary backstroke and treading water. Portion of the lesson is held in deep water.

#### **Advanced Beginner:** 45-minute lessons

Designed for swimmer that are deep water confident and are able to swim on their front and back for at least 15 yds without assistance or equipment. Refining freestyle, backstroke and elementary backstroke and build endurance for 25 yd lengths of swimming.

### OUT OF WATER instruction levels - all one-hour lessons.

#### **Introduction to Academy**

Students need to exhibit a fundamental understanding of freestyle and backstroke form. In this class students will learn and improve at 2 strokes: freestyle, backstroke. Students will also learn diving techniques, work on freestyle & backstroke drills, underwater push-offs and intro to breaststroke kick. Students will be taught proper lane swim etiquette.

#### **Academy Bronze**

Students must be able to swim 25-50 yards continuously. Students need to exhibit a fundamental understanding of freestyle backstroke form, open turns, and submerged front push offs. In this class students will learn and improve freestyle and backstroke, work on piecing together breaststroke, as well

as an introduction to butterfly kick. Students will also learn diving techniques, both from the pool edge and diving blocks, progressing from sitting to kneeling and finally standing dives.

### **Academy Silver**

Students must be able to swim 50-100 yards continuously. Students need to exhibit a fundamental understanding of freestyle and backstroke form, open turns, and submerged front push offs. In this class students will improve on freestyle, backstroke, and breaststroke, as well as in introduction to butterfly stroke. Students will also improve on diving techniques on diving blocks, and intro to racing starts. Students will be introduced to “hydrodynamics” and proper lane swim etiquette.

### **Academy Gold**

Students must be able to swim 100 yards continuously. Students need to exhibit an in depth understanding of freestyle and backstroke form, flip turns, and submerged front push offs. In this class students will improve on all strokes, with an introduction to butterfly drills. Students will also improve on diving techniques on diving blocks, and racing starts. Students will be introduced to IM sets and starts.

### **Academy Gold Plus**

Students must be able to swim 100-200 yards continuously. Students need to exhibit an in depth understanding of all four strokes, flip turns, and submerged front push offs. In this class students will improve on all strokes, and be introduced to drill sets as well as interval swimming.

## **GROUP LESSON FEES**

### **Learn to Swim Levels**

Beginner 1: 30-minute lessons 3:1 ratio

Beginner 2, Beginner 3: 45-minute lessons 4:1 ratio

Advanced Beginner: 45-minute lessons 6:1 ratio

### **Academy Levels**

Introduction to Academy:	Red Cross Level 3	1 hour lesson
Academy Bronze:	Red Cross Level 4	1 hour lesson
Academy Silver:	Red Cross Level 5	1 hour lesson
Academy Gold:	Red Cross Level 6	1 hour lesson
Academy Gold Plus		1 hour lesson

### **Group Lesson Fees PER class - sessions are anywhere from 7-10 weeks in length**

Beginner 1 - \$37/class

Beginner 2 - \$37/class

Beginner 3 - \$37/class

Advanced Beginner - \$35/class

ALL ACADEMY LEVEL CLASS - \$44/class

## **Group Attendance and Make-up Policy**

Attendance is taken at every lesson

**Must Attend Specific Enrolled Day/Time:** No swimmer is allowed to switch days throughout the week. Each swimmer must come to practice on the day for which they enrolled.

- If your swimmer must miss a practice, they may make up the practice during the current session only. Please refer to the make-up policy below.
- If your swimmer shows up to a practice for which they are not enrolled, nor has a confirmed makeup scheduled, they will be asked to sit out and a parent will be called to pick them up.
- In the event Montgomery Swim Academy must cancel a lesson (weather, pool issue, etc.) you will be notified via email when a makeup session will be scheduled. This does **NOT** count as one of the two makeups allowed.
- If you know your swimmer will be missing a class during the session, the earlier we know the better.

**Make-up classes.** Two (2) make-up lessons are allowed per session. Every swimmer will have the opportunity to make up two missed practices.

In order to be granted a make-up class, the swimmer's parent must contact, via email, as soon as a lesson has been missed. You may be offered optional days/times, or assigned a specific day and time, on which the makeup may be taken. This is based on availability in the class and assure a lesson is not overcrowded.

Once the make-up is scheduled, it is not permitted to be changed. If the swimmer fails to attend the make-up class, the make-up class will be forfeited and the swimmer will not be granted another make-up.

**THERE ARE NO REFUNDS ISSUED.** In the event of a medical issue (doctor's note required) an account credit will be issued, and held on your Montgomery Recreation Account for later use in ANY Recreation program.

## **Practice / Lesson Etiquette**

Swimmers are **expected to arrive 5 minutes prior** to their lesson time. Swimmers must be prepared to swim at the start of lesson/practice. This means the swimmer has his/her cap, goggles, and towel and is ready to start on time.

We start each lesson/practice promptly. Swimmers arriving late are a distraction to the rest of the swimmers. Your help regarding this matter is sincerely appreciated.

### **HOUSEKEEPING NOTES**

- **No parent/guardian/sibling etc are to be on deck unless asked to do so by a member of staff except in the case of an emergency.**
- **Do not stand in the area between the pool entry and stairs to the seating area.**
- **We CAN NOT (and will not) discuss your swimmer on deck.** Please do not approach an instructor on deck, unless it is an emergency. If you have questions regarding your swimmer, you may email me directly and we will discuss via email. (Exception for Private lessons as noted in the Specific Private Lesson Policies).
  - ALL belongings must be in the stadium seating.
- Swimmers must be **picked up promptly** after lesson/practice by a parent or guardian.
- Locker rooms - this is a school and locker rooms are used, on occasion, by visiting HS teams. There are NO FAMILY changing rooms - please adhere to locker room signage for appropriate use.
- DO NOT leave your car unattended in the fire lane to 'dash' in for a drop off or a pick up. The Fire Marshall will ticket and tow!

#### **Swim Practice Equipment (brought by swimmer)**

- a. Goggles
- b. Swim cap (if hair is longer than shoulders). **THIS IS NOT OPTIONAL.**
- c. Proper swim suit (No baggy suits or Board shorts)
- d. Water Bottle (**NO GLASS**) for Academy level group lessons and Marlins Swim Team. .