

## Fall 2024 Swim Lessons

### Class Types

- **Preschool Lessons (3-5 years old):** Your child will learn important water safety techniques, as well as basic swimming skills. Our goal is to improve your child's comfort and confidence level, both in and around the water.
  - **Preschool Beginner:** No prerequisites required.
  - **Preschool Beginner/Advanced:** Beginner level or for children who are comfortable going underwater, comfortable on their back and able to swim ten feet on their own.
- **Youth Lessons (6-13 years old)**
  - **Youth Beginner:** No prerequisites. Participants will start to learn the basics of freestyle, backstroke and breaststroke, while refining their understanding of water safety.
  - **Youth Beginner/Intermediate:** Beginner level or for swimmers who can safely jump into deep water and tread water for at least 10 seconds. Freestyle, backstroke and breaststroke will be the focus. This class will cover most of the same skills as the beginner class, but with a greater emphasis on endurance and skill refinement.
  - **Youth Intermediate/Advanced:** Intermediate level or for children comfortable in deep water and able to swim 25 yards of freestyle and backstroke. We will build upon the foundation of our other youth classes by focusing on endurance and other challenging skills needed for the sport of swimming.
- **Stroke School (6-13 years old):** NOT A LEARN-TO-SWIM CLASS. This program will continue to develop and refine already established swim strokes with a focus on fitness swimming, endurance, stroke efficiency, breath control and starts/turns.
  - **SS Bronze:** Participant can swim 25 yards of backstroke and freestyle in deep water.
  - **SS Silver:** 25 yards each of freestyle, backstroke and breaststroke in deep water.
  - **SS Gold:** 50 yards each of freestyle, backstroke and breaststroke in deep water.
- **Adult Lessons (13+ years old):**
  - **Adult Beginner:** No prerequisites required. For adults with little to no experience in the water. Class will be held in our 3'6" depth program pool.
  - **Adult Beginner/Intermediate:** Beginner level or for teens and adults who are comfortable in the water and able to swim 10 feet front crawl. Class will be held in our 3'6" depth program pool.
  - **Adult Advanced/Stroke Refinement:** For teens and adults who are comfortable swimming at least 25 yards (one lap) of both free style and back stroke. The instructor will teach from the pool deck. Must be comfortable in deep water. Class held in our 3.5' – 8' deep lap pool.

### A Note About Level Placement and Refunds

When completing online registration, you will notice the words "MUST READ: IMPORTANT INFO ABOUT LEVEL PLACEMENTS AND REFUNDS" in bold text next to a signature box. The prerequisites are attached to that waiver for your review. **If you proceed with registration for a class, and we find that the participant does not meet the prerequisites outlined, you will not be eligible for a refund.** Please reach out to our [Aquatics Manager, PJ](#), with any questions about the prerequisites. We appreciate your diligence. No classes will be made up due to weather or other inexorable circumstances. Lesson schedules are subject to change as instructor availability and demand for lessons evolve.

### How To Register

- Visit <https://anc.apm.activecommunities.com/mprplaymorr/home> and click "Sign In".
- If you have an account already, log in.
  - For members without an account, use the email associated with your membership and click "forgot password." Follow the steps to create your account.
  - For non-members, create an account as normal. \*This may take 24 hours to be verified.
- Select "Activities" from the top navigation bar, then choose "Aquatics" from the drop-down list.
- Add desired swim lesson option to cart and **READ/SIGN THE PREREQUISITE WAIVER** before checking out. Please note that if you sign this waiver certifying that the participant meets the prerequisites, and we find that this is not the case, you will not be eligible for a refund. Thus, please read and review the waiver carefully before signing.

**Fees** Morrisville Residents (R) - \$85; Non-resident (NR) - \$110 | Stroke School (R) - \$142; (NR) \$183

\*All card transactions require a 3% processing fee.

**Sessions & Registration Dates**

<b>Class</b>	<b>Class Times &amp; Days</b>	<b>Sessions</b>	<b>Registration Dates</b>
<b>Preschool Beginner</b>	4:30 – 5:05 p.m. Mon	Sep 9- Oct 7 Oct 21- Nov 25 (No class 11/11)	8/13(R), 8/15(NR)
	<b>OR</b> 4:30 – 5:05 p.m. Wed	Sep 11- Oct 9 Oct 23- Nov 20	10/1(R), 10/3(NR)
<b>Preschool Beginner/Advanced</b>	7:10 – 7:45 p.m. Mon	Sep 9- Oct 7 Oct 21- Nov 25 (No class 11/11)	8/13(R), 8/15(NR)
	<b>OR</b> 7:10 – 7:45 p.m. Wed	Sep 11- Oct 9 Oct 23- Nov 20	10/1(R), 10/3(NR)
<b>Youth Beginner</b>	5:10 – 5:45 p.m. Mon	Sep 9- Oct 7 Oct 21- Nov 25 (No class 11/11)	8/13(R), 8/15(NR)
	<b>OR</b> 5:10 – 5:45 p.m. Wed	Sep 11- Oct 9 Oct 23- Nov 20	10/1(R), 10/3(NR)
<b>Youth Beginner/ Intermediate</b>	6:30 – 7:05 p.m. Mon	Sep 9- Oct 7 Oct 21- Nov 25 (No class 11/11)	8/13(R), 8/15(NR)
	<b>OR</b> 6:30 – 7:05 p.m. Wed	Sep 11- Oct 9 Oct 23- Nov 20	10/1(R), 10/3(NR)
<b>Youth Intermediate/Advanced</b>	5:50 – 6:25 p.m. Mon	Sep 9- Oct 7 Oct 21- Nov 25 (No class 11/11)	8/13(R), 8/15(NR)
	<b>OR</b> 5:50 – 6:25 p.m. Wed	Sep 11- Oct 9 Oct 23- Nov 20	10/1(R), 10/3(NR)
<b>Stroke School Bronze</b>	5:45-6:35 p.m. Tues/Thurs	Sep 10- Oct 10 Oct 22- Nov 26 (No class 10/31)	8/13(R), 8/15(NR) 10/1(R), 10/3(NR)
<b>Stroke School Silver</b>	6:40-7:30 p.m. Tues/Thurs	Sep 10- Oct 10 Oct 22- Nov 26 (No class 10/31)	8/13(R), 8/15(NR) 10/1(R), 10/3(NR)
<b>Stroke School Gold</b>	7:35 – 8:25 p.m. Tues/Thurs	Sep 10- Oct 10 Oct 22- Nov 26 (No class 10/31)	8/13(R), 8/15(NR) 10/1(R), 10/3(NR)
<b>Adult Beginner</b>	7:50 – 8:25 p.m. Mon	Sep 9- Oct 7 Oct 21- Nov 25 (No class 11/11)	8/13(R), 8/15(NR) 10/1(R), 10/3(NR)
<b>Adult Intermediate</b>	7:50 – 8:25 p.m. Wed	Sep 11- Oct 9 Oct 23- Nov 20	8/13(R), 8/15(NR) 10/1(R), 10/3(NR)
<b>Adult Advanced/Stroke Refinement</b>	12:30 – 1:10 p.m. Wed	Sep 11- Oct 9 Oct 23- Nov 20	8/13(R), 8/15(NR) 10/1(R), 10/3(NR)