

Winter / Spring 2025 Swim Lessons

Class Types

- **Parent/Tot Swim (6 months - 3 years old):** Designed for young children to explore the water and build comfort with the support of a trusted adult. For consistency and the best learning experience, we encourage the same adult to attend each session with the child. No prerequisites required.
- **Preschool Lessons (3-5 years old):** Gain vital water safety skills and basic swimming techniques in a fun environment that will boost your child's comfort and confidence in and around water. **Children should be able to separate from their parents and participate independently in the class.**
- **Youth Lessons (6-13 years old)**
 - **Youth Beginner:** There are no prerequisites for this course. The focus will be on the basics of freestyle, backstroke and breaststroke all while refining an understanding of water safety.
 - **Youth Beginner/Intermediate:** Beginners or for swimmers who can **safely jump into deep water and tread water for at least ten seconds.** The same skills will be covered as the Beginner class with a greater emphasis on endurance and skill refinement.
 - **Youth Intermediate/Advanced:** Intermediate or for children **comfortable in deep water and able to swim 25 yards of freestyle and backstroke.** Building 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): THIS IS NOT A LEARN-TO-SWIM CLASS-** This program will continue to develop and refine already established swim strokes with a focus on fitness swimming, honing skills such as endurance, stroke efficiency, breath control and starts/turns. Each level has a specific requirement to be successful.
 - **SS Bronze:** Participant can swim 25 yards of backstroke and freestyle in deep water.
 - **SS Silver:** Participants must swim 50 yards freestyle and 25 yards backstroke and 25 yards breaststroke in deep water, while demonstrating rhythmic breathing.
 - **SS Gold:** Participants must continuously swim 100 yards of freestyle, as well as 50 yards each of backstroke and breaststroke in deep water. They must also demonstrate a strong understanding of stroke mechanics, proper body positioning, and execute starts and turns effectively.
- **Teen/Adult Lessons (13+ years old):**
 - **Teen/Adult Beginner:** There are no prerequisites required for this course. For adults with little to no experience in the water. Class will be held in our 3'6" depth program pool.
 - **Teen/Adult Intermediate:** 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.
 - **Teen/Adult Advanced/Stroke Refinement:** For teens and adults who are **comfortable swimming at least 25 yards (1 lap) of both freestyle and backstroke. Must be comfortable in deep water.** Class will be held in our lap pool with depths of 3'6" to 8'.

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.

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

Sessions	Sessions Dates	Registration Dates
Jan/ Feb	Mon. Dates: Jan 6- Feb 10(no class 1/20) Wed. Dates: Jan 8 – Feb 5 Stroke School Dates: Jan 7 – Feb 6	12/17(R), 12/19(NR)
Feb/March	Mon. Dates: Feb 24- March 24 Wed. Dates: Feb 26 – March 26 Stroke School Dates: Feb 25 – March 27	2/4(R), 2/6(NR)
April/May	Mon. Dates: April 21- May 19 Wed. Dates: April 23 – May 21 Stroke School Dates: April 22 – May 22	4/1(R), 4/3(NR)

Class	Class Times & Days
Parent / Tot Swim Class (Age 6mo – 3 years)	Wed 11:45 a.m. – 12:20 p.m.
Preschool (Age 3-6 years)	Mon. 4:30 – 5:05 p.m. Mon 7:10 – 7:45 p.m. Or Wed 4:30 – 5:05 p.m. Wed 7:10 – 7:45 p.m.
Youth Beginner (Age 6-12)	Mon 5:10 – 5:45 p.m. Or Wed 5:10 – 5:45 p.m.
Youth Beginner/ Intermediate (Age 6-12)	Mon 6:30 – 7:05 p.m. Or Wed 6:30 – 7:05 p.m.
Youth Intermediate/Advance (Age 6-12)	Mon 5:50 – 6:25 p.m. Or Wed 5:50 – 6:25 p.m.
Stroke School Bronze	5:45-6:35 p.m. Tues and Thurs
Stroke School Silver	6:40-7:30 p.m. Tues and Thurs
Stroke School Gold	7:35 – 8:25 p.m. Tues and Thurs
Teen/Adult Beginner	Mon 7:50 – 8:25 p.m.
Teen/Adult Intermediate	Wed 7:50 – 8:25 p.m.
Teen/Adult Advanced Stroke Refinement	Wed 12:30 – 1:05 p.m.