

MCC Swim Team

Ready to splash toward a BIG 5 Championship!

Swim team is open to swimmers ages 4-14 who can swim at least 25 yards. This year we will be welcoming back a great coaching staff along with some new faces. To accommodate our large number of swimmers, this year we will be adding an afternoon practice time!

Practice begins Monday, June 14.

Practice is from 9am-10am Monday, Tuesday, Wednesday and Friday

Swim meets are on Thursday evenings.

The fee is \$95 for the summer, plus a team suit.

Diving Team

We are excited to offer our second year of diving and can't wait to get all the kids back on the boards! There will be a couple of diving competitions TBA.

Practice begins Monday, June 14. Diving team is open to ages 6 and up. The fee is \$65.

Diving Team (Sessions 1-6) (\$65) - June 14-August 14

Select Level:	1-ages 6-8	10am to 11am
	2-ages 9 & over	11am to noon

Synchronized Swimming Team

Interested in swimming but don't want to do laps? Do you like to dance? Join our synchronized swimming team and learn basic synchronized swimming techniques and stunts, as well as choreographed movement to music. Our program will culminate with a dinner and show on Sunday, August 1.

This program is open to strong swimmers four years and older. Participants will be divided into four levels based on age. Practice begins Monday, June 14. The fee is \$ 65 plus costume suit.

Synchronized Swimming Team (Sessions 1-4) (\$65)

Select Level:	1-ages 4-6	11am to 11:30am
	2-ages 7-8	11am to noon
	3-ages 9-10	10am to 11am
	4-ages 11 & over	10am to 11am

Private Lessons

Private swimming instruction, open to any age, is offered by the select staff by appointment only. Private diving instruction is also available from the diving coach. Lesson times are available starting at noon Monday thru Friday and anytime on Thursday.

30 minute Private Lessons are \$25.

** There is a 24-hour cancellation policy for private lessons. Please call during inclement weather for a possible make-up. Last minute calls and no-shows will not be refunded.**

MCC LEARN TO SWIM

Get ready for the next wave of Learn to Swim! Whether it is to learn proper stroke technique, become better swimmers, or continue one's swimming success, we will prove to be the area's top program and exceed your expectations. We pride ourselves on excellent teachers who have a strong swimming background. We have a low student to teacher ration allowing for a great deal of one-on-one attention. We train our students to become excellent swimmers, and have tons of fun in the process!

Learn to swim levels

Pro 1 & 2

Ages 3 to 5 learn basic water adjustment skills. Focus on breath control and underwater exploration.

Beg 1, 2, 3

Further focus on breath control, and introduction to life saving skills, freestyle technique and introduction to backstroke.

Advanced Beginner

A deeper critique of freestyle and backstroke mechanics, introduction to diving and basic life saving skills.

Intermediate

Introducing breaststroke, butterfly, and flip turns, endurance is the primary focus.

Competitive

Advanced stroke mechanics, focusing on efficiency, endurance and preparation for competitive swimming. The four competitive strokes will be taught as well as proper starts and turns.

Sessions meet for two weeks on Monday, Tuesday, Wednesday and Friday.

Classes are 30 minutes long. Each session is \$75 per session.

SPECIAL! –sign up for 5 sessions and save \$25

Sign up for 6 sessions and save \$40

Learn to Swim Program

Select Session(s) 1 2 3 4 5 6

Select Time 10:00 10:30 11:00 11:30

Program Session Dates (\$75 per session)

Session 1: June 7-18 Session 4: July 19-30

Session 2: June 21-July 3 Session 5: August 2-13

Session 3: July 5-16 Session 6: August 16-27

Registration is required by the Friday before the session begins. Class sizes are limited, and assignments will be determined after registration preferences are complete, and upon availability. Programs are non-refundable. We will schedule group make-up times only in the event of heavy rain, extreme cold and lightning. Please call if you are not sure if lessons are being held in inclement weather.