

# Aquatics

## DIVING

### Competitive Diving Team

Diving Team practices will be offered to those students who have shown the skills necessary to move beyond the intermediate diving lessons, or who have already been on a high school diving team. These divers want to learn new dives and improve their diving list. Students should also have a strong desire to compete in local meets.

MRC Diving Pool \$200/\$225 \*\$275/\$300

\*\*\$475/\$495 **No class week of 7/4**

| Barcode | Age    | Day  | Time         | Dates     | Wks |
|---------|--------|------|--------------|-----------|-----|
| 24026   | 10-17y | M-Th | 9:45a-11:15a | 6/11-6/28 | 3   |
| 24029   | 10-17y | M-Th | 9:45a-11:15a | 6/11-6/28 | 3   |
| 24025** | 10-17y | M-Th | 9:45a-11:15a | 6/11-7/26 | 6   |
| 24028** | 10-17y | M-Th | 9:45a-11:15a | 6/11-7/26 | 6   |
| 24027*  | 10-17y | M-Th | 9:45a-11:15a | 7/9-8/2   | 4   |
| 24030*  | 10-17y | M-Th | 9:45a-11:15a | 7/9-8/2   | 4   |

### Diving Lessons

Open to all skill levels—advance according to ability. Diver must be an average swimmer. Beginners—little or no previous diving experience. Intermediate—able to perform with some degree of efficiency using the three or four step approach with the hurdle step.

MRC Diving Pool \$45/\$65

| Barcode | Age   | Day  | Time          | Dates     | Wks | Info    |
|---------|-------|------|---------------|-----------|-----|---------|
| 24035   | 8-16y | M-Th | 10:15a-11:00a | 6/11-6/14 | 1   | Beg     |
| 24037   | 8-18y | M-Th | 11:00a-11:45a | 6/11-6/14 | 1   | Beg     |
| 24036   | 8-18y | M-Th | 10:15a-11:00a | 6/18-6/21 | 1   | Beg     |
| 24038   | 8-18y | M-Th | 11:00a-11:45a | 6/18-6/21 | 1   | Beg     |
| 24039   | 8-18y | M-Th | 10:15a-11:00a | 6/25-6/28 | 1   | Beg/Int |
| 24040   | 8-18y | M-Th | 11:00a-11:45a | 6/25-6/28 | 1   | Beg/Int |
| 24034   | 8-17y | M-Th | 10:15a-11:00a | 7/9-7/12  | 1   | Beg     |
| 24033   | 8-17y | M-Th | 11:00a-11:45a | 7/9-7/12  | 1   | Beg     |
| 24031   | 8-17y | M-Th | 11:00a-11:45a | 7/16-7/19 | 1   | Beg     |
| 24041   | 8-17y | M-Th | 11:00a-11:45a | 7/16-7/19 | 1   | Int     |
| 24032   | 8-17y | M-Th | 10:15a-11:00a | 7/23-7/26 | 1   | Beg     |
| 24042   | 8-17y | M-Th | 11:00a-11:45a | 7/23-7/26 | 1   | Int     |

## Celebrate Father's Day at The Water Works

Sunday, June 17 • noon-5 p.m.

Spend the day with your family at The Water Works. Bring Dad to The Water Works on Father's Day and he will swim for free with a paid admission!

### Atcher Island Tye-Dye Tuesdays

Tuesdays, July 3, 10, 17, 24 & 31 • Atcher Island

Atcher will be running Tye-Dye Tuesdays in July. Bring an item to tye-dye or buy one from us!

### Dad's Cannonball Contest

Sunday, July 15 • 11 a.m. • Meineke Pool

Come cheer on your dad at the 1st annual Dad's Cannonball Contest. Dad's will compete in a cannonball contest in the well for the chance to win a prize. Food will be provided for each dad that participates in the contest along with their child.

\$5 per person

## SWIM LESSONS

### Aqua Tots

This class utilizes fun songs and games to acclimate your little one to the aquatic world. We will focus on basic elementary skills such as blowing bubbles, kicking, floating, pouring water over the head, submersion and overall water independence. This class is repetition based to encourage mastery of the basic skills needed to progress in a swim lesson program. **Parents are required to be in the water with their child.** Children who are not toilet trained must wear a tight fitting reusable swim pant.

WW \$57/\$77 \*\$64/\$84

| Barcode | Age   | Day | Time          | Dates    | Wks |
|---------|-------|-----|---------------|----------|-----|
| 23701*  | 6m-2y | Sa  | 9:15a-9:45a   | 6/2-8/4  | 10  |
| 23703*  | 6m-2y | Sa  | 11:20a-11:50a | 6/2-8/4  | 10  |
| 23706*  | 6m-2y | Sa  | 8:40a-9:10a   | 6/2-8/4  | 10  |
| 23704   | 6m-2y | T   | 6:45p-7:15p   | 6/5-7/31 | 9   |
| 23700   | 6m-2y | T   | 7:20p-7:50p   | 6/5-7/31 | 9   |
| 23705   | 6m-2y | Th  | 6:45p-7:15p   | 6/7-8/2  | 9   |
| 23702   | 6m-2y | Th  | 7:20p-7:50p   | 6/7-8/2  | 9   |

### Teen/Adult Swim Lessons

It's never too late to learn to swim or improve rusty strokes. Lessons will be taught in a group environment where participants will learn basic strokes and discover the rewards of swimming.

WW \$82/\$102

| Barcode | Age | Day | Time        | Dates    | Wks |
|---------|-----|-----|-------------|----------|-----|
| 23727   | 12+ | T   | 8:30p-9:15p | 6/5-7/31 | 9   |
| 23728   | 12+ | Th  | 8:30p-9:15p | 6/7-8/2  | 9   |

### Adult Individual Swim Lessons

Schedule your own 30-minute private lessons with one of our fantastic instructors for a stress-free way to learn or improve your skills. All levels are welcome! You will be contacted by an instructor to schedule your day and time no earlier than one week before lessons begin.

WW \$175/\$195 \*Schedule your day and time with instructor

| Barcode | Age | Day/Time | Dates   | Wks |
|---------|-----|----------|---------|-----|
| 23699   | 18+ | *various | 6/6-8/1 | 9   |

### NEW • Swim Team Start/Turn Clinic

One of the most difficult skills for new competitive swimmers is the event start and turns. This clinic will provide personalized attention from an experienced swim coach to maximize the effectiveness of your starts and make the most of your turns. Swimmers must be at the competitive level and perform all strokes.

MRC \$50/\$70

| Barcode | Age   | Day | Time          | Dates     | Wks |
|---------|-------|-----|---------------|-----------|-----|
| 23783   | 5-17y | M   | 10:15a-11:00a | 6/11-7/16 | 6   |
| 23784   | 5-17y | W   | 10:15a-11:00a | 6/13-7/18 | 6   |

### SYO (Schedule Your Own) Swim Lessons

Today's families are busy, so we are pleased to offer a swim class where you pick the day and time. Classes are one-on-one with an experienced instructor. All levels are welcome. Spots are limited. Participants will be contacted by an instructor to schedule the day and time one week before lessons begin.

WW \$125/\$145

| Barcode | Age   | Day | Time        | Dates    | Wks |
|---------|-------|-----|-------------|----------|-----|
| 23241   | 3-16y | M   | 7:00p-7:30p | 4/2-4/30 | 5   |
| 23242   | 3-16y | T   | 7:00p-7:30p | 4/3-5/1  | 5   |