

SWIM LESSONS AT THE MAC

The Milwaukee Athletic Club offers group and private swim lessons for MAC and WAC members. Small class sizes, quality instruction and a progressive approach enables our swimmers to achieve success in the water. Lessons are available for swimmers ages 6 months through adult.

Now enrolling for Winter Session: January 20 - March 3, 2012

CLASS LEVELS AND DESCRIPTIONS

Parent/Child Swim (Ages 6 months - 3 years): Fridays, 10 - 10:30 AM

Parent and child have fun learning to be comfortable in the water using games and songs.

Level 1 (Ages 3 - 7): Saturdays, 10 - 10:30 AM

Designed for beginner swimmers, this class focuses on water safety in and around the pool and the basic components of swimming. Participants will be introduced to arm and leg movements, body position and breath control.

Level 2 (Ages 4 - 9): Saturdays, 10:45 - 11:15 AM

Children enrolling in this class must be comfortable entering the pool unassisted, submerging their face and swimming with a floatation device. They will begin swimming short distances independently and become comfortable with holding their breath under water.

Level 3 (Ages 6 - 12): Saturdays, 11:30 - Noon

This class is designed for swimmers who can swim 15 feet independently. Students will build endurance and muscle memory while increasing efficiency with their movements.

Level 4 (Ages 8+): Saturdays, 9:15 - 9:45 AM

Swimmers will learn not to refine their basic stroke and learn the fundamentals of the five basic strokes: front crawl, backstroke, breaststroke, side stroke and beginner butterfly.

Cost: \$65 per 7-week session, payable by cash or credit card

Private swim instruction available by appointment for adults and children.

Reservations: Heather Benjamin (414) 274-0621 or hbenjamin@macwl.org

