

Swimming 101 – An Adult Swimming Class

The MCC Aquatics Department is proud to introduce “Swimming 101” for our members, beginning on September 10th. This class runs Mondays, Wednesdays and Thursdays from 10:45-11:45am, for 11-weeks, through November 21. This swimming program is geared toward giving participants the skills to functionally execute all four competitive swim strokes, and the appropriate turns. It is the goal of having each participant ready to join the MCC Masters swim program upon “graduation”. There will be a 3-week “Masters Swimming 101” program offered beginning Dec 2 and running through the 19th to serve as a transition to the masters swim. It will operate on the same days, at the same time.

All four competitive strokes will be addressed, as well as the turns associated with each stroke. The approach with the adults will not be too dissimilar from the format used to instruct our newest swimmers, starting with air exchange, moving to kicking skills, and then adding the arms for freestyle. From freestyle, we move to backstroke. Then, onto breast stroke, and yes, YOU do get to learn butterfly, also. And, flip turns (though, vertigo can be common for some adults...). Possibly, you will be able to try to dive off of the blocks, as well...

You will learn what “IM” stands for, and the order in which it’s swum. You will learn how to “read” the pace clock, and perform intervals. You will learn how to circle swim. You will learn how to swim, just like a masters swimmer!

The minimum requirement is that anyone participating comes to the program with water “confidence”, meaning, you may not swim well, but you have no fear of the water. I would recommend everyone have goggles, and longer haired individuals should invest in a swim cap. If you own your own fins, bring them, as well. 😊

This program will run weekly on Mondays, Wednesdays, and Thursdays, from 10:45am until 11:45am. It will begin on Monday, September 9th. The class will end November 21, one week before Thanksgiving. Those interested in continuing on to the Masters Swimming 101, that begins on Monday, December 2.

The class will be limited to the first 18 to register. If there is more interest than that, I will look into getting a second coach to assist with the program.

Pricing will be as follows →

Swimming 101	(3 days/week for 11-weeks)	\$350
	Drop-in (if space allows)	\$20/swim
Masters Swim 101	Dec 2 – 19,	\$100

For more information, or to register, please email Tiffany Forbes at tiffany@moragacc.com.