



Fall 2009

SWIM LESSONS

Montgomery Aquatic Center

Phone: (240) 777-8070

Registration begins August 19. Swim Lessons for all ages and abilities. Screening is available at the swim center on Saturdays and Sundays at 1:30pm to evaluate the student's abilities (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. **THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.** Courses meet for six 30 minute sessions.

**THERE WILL BE NO CLASSES
NOVEMBER 23-29.**

PLEASE CHECK EACH POOL'S LISTINGS FOR LESSON SCHEDULE CHANGES, DUE TO FACILITY CONFLICTS. LESSONS WILL BE HELD ON ALL OTHER DAYS THE FACILITY IS OPEN. PLEASE REGISTER ACCORDINGLY.

MAC-Waterbabies

Designed for children 6 to 18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50

257454	Montgomery AqC	10/12	M	9:00am-9:30am
257455	Montgomery AqC	10/15	Th	9:00am-9:30am
257450	Montgomery AqC	10/17	Sa	10:20am-10:50am
257451	Montgomery AqC	10/17	Sa	11:40am-12:10pm
257452	Montgomery AqC	10/18	Su	9:40am-10:10am
257453	Montgomery AqC	10/18	Su	11:40am-12:10pm

3 Sessions \$25

257460	Montgomery AqC	11/30	M	9:00am-9:30am
257461	Montgomery AqC	12/3	Th	9:00am-9:30am
257456	Montgomery AqC	12/5	Sa	10:20am-10:50am
257457	Montgomery AqC	12/5	Sa	11:40am-12:10pm
257458	Montgomery AqC	12/6	Su	9:40am-10:10am
257459	Montgomery AqC	12/6	Su	11:40am-12:10pm

MAC-Aquatots

Designed for children 18 months-3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50

257310	Montgomery AqC	10/12	M	10:00am-10:30am
257311	Montgomery AqC	10/13	Tu	9:00am-9:30am
257312	Montgomery AqC	10/13	Tu	10:00am-10:30am
257313	Montgomery AqC	10/14	W	9:00am-9:30am
257314	Montgomery AqC	10/14	W	6:10pm-6:40pm
257315	Montgomery AqC	10/15	Th	10:00am-10:30am
257316	Montgomery AqC	10/15	Th	5:30pm-6:00pm
257317	Montgomery AqC	10/16	F	9:00am-9:30am
257306	Montgomery AqC	10/17	Sa	9:00am-9:30am
257307	Montgomery AqC	10/17	Sa	12:20pm-12:50pm
257308	Montgomery AqC	10/18	Su	9:00am-9:30am
257309	Montgomery AqC	10/18	Su	11:00am-11:30am

3 Sessions

\$25

257321	Montgomery AqC	11/30	M	10:00am-10:30am
257322	Montgomery AqC	12/1	Tu	9:00am-9:30am
257323	Montgomery AqC	12/1	Tu	10:00am-10:30am
257324	Montgomery AqC	12/2	W	9:00am-9:30am
257325	Montgomery AqC	12/2	W	6:10pm-6:40pm
257326	Montgomery AqC	12/3	Th	10:00am-10:30am
257327	Montgomery AqC	12/3	Th	5:30pm-6:00pm
257328	Montgomery AqC	12/4	F	9:00am-9:30am
257318	Montgomery AqC	12/5	Sa	9:00am-9:30am
257319	Montgomery AqC	12/5	Sa	12:20pm-12:50pm
257320	Montgomery AqC	12/6	Su	11:00am-11:30am
257329	Montgomery AqC	12/6	Su	9:00am-9:30am

MAC-Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions

\$50

257440	Montgomery AqC	10/13	Tu	3:30pm-4:00pm
257441	Montgomery AqC	10/13	Tu	6:10pm-6:40pm
257442	Montgomery AqC	10/15	Th	9:30am-10:00am
257436	Montgomery AqC	10/17	Sa	11:00am-11:30am
257437	Montgomery AqC	10/17	Sa	1:00pm-1:30pm
257438	Montgomery AqC	10/18	Su	10:20am-10:50am
257439	Montgomery AqC	10/18	Su	1:00pm-1:30pm

3 Sessions

\$25

257447	Montgomery AqC	12/1	Tu	3:30pm-4:00pm
257448	Montgomery AqC	12/1	Tu	6:10pm-6:40pm
257449	Montgomery AqC	12/3	Th	9:30am-10:00am
257443	Montgomery AqC	12/5	Sa	11:00am-11:30am
257444	Montgomery AqC	12/5	Sa	1:00pm-1:30pm
257445	Montgomery AqC	12/6	Su	10:20am-10:50am
257446	Montgomery AqC	12/6	Su	1:00pm-1:30pm

MAC-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions**\$59**

257346	Montgomery AqC	10/12	M	9:30am-10:00am
257347	Montgomery AqC	10/12	M	6:10pm-6:40pm
257348	Montgomery AqC	10/13	Tu	6:10pm-6:40pm
257349	Montgomery AqC	10/13	Tu	4:50pm-5:20pm
257351	Montgomery AqC	10/14	W	9:30am-10:00am
257350	Montgomery AqC	10/15	Th	3:30pm-4:00pm
257352	Montgomery AqC	10/15	Th	5:30pm-6:00pm
257353	Montgomery AqC	10/16	F	10:00am-10:30am
257338	Montgomery AqC	10/17	Sa	9:00am-9:30am
257339	Montgomery AqC	10/17	Sa	9:40am-10:10am
257340	Montgomery AqC	10/17	Sa	10:20am-10:50am
257341	Montgomery AqC	10/17	Sa	1:00pm-1:30pm
257342	Montgomery AqC	10/18	Su	9:00am-9:30am
257343	Montgomery AqC	10/18	Su	10:20am-10:50am
257344	Montgomery AqC	10/18	Su	12:20pm-12:50pm
257345	Montgomery AqC	10/18	Su	1:00pm-1:30pm

3 Sessions**\$30**

257362	Montgomery AqC	11/30	M	9:30am-10:00am
257363	Montgomery AqC	11/30	M	6:10pm-6:40pm
257364	Montgomery AqC	12/1	Tu	6:10pm-6:40pm
257365	Montgomery AqC	12/1	Tu	4:50pm-5:20pm
257367	Montgomery AqC	12/2	W	9:30am-10:00am
257366	Montgomery AqC	12/3	Th	3:30pm-4:00pm
257368	Montgomery AqC	12/3	Th	5:30pm-6:00pm
257369	Montgomery AqC	12/4	F	10:00am-10:30am
257354	Montgomery AqC	12/5	Sa	9:00am-9:30am
257355	Montgomery AqC	12/5	Sa	9:40am-10:10am
257356	Montgomery AqC	12/5	Sa	10:20am-10:50am
257357	Montgomery AqC	12/5	Sa	1:00pm-1:30pm
257358	Montgomery AqC	12/6	Su	9:00am-9:30am
257359	Montgomery AqC	12/6	Su	10:20am-10:50am
257360	Montgomery AqC	12/6	Su	12:20pm-12:50pm
257361	Montgomery AqC	12/6	Su	1:00pm-1:30pm

MAC-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

6 Sessions**\$57**

257378	Montgomery AqC	10/12	M	5:30pm-6:00pm
257379	Montgomery AqC	10/13	Tu	9:30am-10:00am
257380	Montgomery AqC	10/13	Tu	5:30pm-6:00pm
257381	Montgomery AqC	10/14	W	5:30pm-6:00pm
257383	Montgomery AqC	10/15	Th	4:10pm-4:40pm
257382	Montgomery AqC	10/16	F	9:30am-10:00am
257370	Montgomery AqC	10/17	Sa	9:00am-9:30am
257371	Montgomery AqC	10/17	Sa	9:40am-10:10am
257372	Montgomery AqC	10/17	Sa	11:40am-12:10pm
257373	Montgomery AqC	10/17	Sa	12:20pm-12:50pm
257374	Montgomery AqC	10/18	Su	9:00am-9:30am
257375	Montgomery AqC	10/18	Su	9:40am-10:10am
257376	Montgomery AqC	10/18	Su	11:40am-12:10pm
257377	Montgomery AqC	10/18	Su	12:20pm-12:50pm

3 Sessions**\$29**

257392	Montgomery AqC	11/30	M	5:30pm-6:00pm
257393	Montgomery AqC	12/1	Tu	9:30am-10:00am
257394	Montgomery AqC	12/1	Tu	5:30pm-6:00pm
257395	Montgomery AqC	12/2	W	5:30pm-6:00pm
257397	Montgomery AqC	12/3	Th	4:10pm-4:40pm
257396	Montgomery AqC	12/4	F	9:30am-10:00am
257384	Montgomery AqC	12/5	Sa	9:00am-9:30am
257385	Montgomery AqC	12/5	Sa	9:40am-10:10am
257386	Montgomery AqC	12/5	Sa	11:40am-12:10pm
257387	Montgomery AqC	12/5	Sa	12:20pm-12:50pm
257388	Montgomery AqC	12/6	Su	9:00am-9:30am
257389	Montgomery AqC	12/6	Su	9:40am-10:10am
257390	Montgomery AqC	12/6	Su	11:40am-12:10pm
257391	Montgomery AqC	12/6	Su	12:20pm-12:50pm

MAC-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

6 Sessions**\$57**

257405	Montgomery AqC	10/12	M	5:30pm-6:00pm
257406	Montgomery AqC	10/13	Tu	4:10pm-4:40pm
257407	Montgomery AqC	10/14	W	5:30pm-6:00pm
257408	Montgomery AqC	10/14	W	6:10pm-6:40pm

257410	Montgomery AqC	10/15	Th	6:10pm-6:40pm
257411	Montgomery AqC	10/15	Th	4:50pm-5:20pm
257409	Montgomery AqC	10/16	F	10:30am-11:00am
257398	Montgomery AqC	10/17	Sa	11:00am-11:30am
257399	Montgomery AqC	10/17	Sa	11:40am-12:10pm
257400	Montgomery AqC	10/17	Sa	1:00pm-1:30pm
257401	Montgomery AqC	10/18	Su	9:40am-10:10am
257402	Montgomery AqC	10/18	Su	10:20am-10:50am
257403	Montgomery AqC	10/18	Su	11:00am-11:30am
257404	Montgomery AqC	10/18	Su	1:00pm-1:30pm

3 Sessions**\$29**

257419	Montgomery AqC	11/30	M	5:30pm-6:00pm
257420	Montgomery AqC	12/1	Tu	4:10pm-4:40pm
257421	Montgomery AqC	12/2	W	5:30pm-6:00pm
257422	Montgomery AqC	12/2	W	6:10pm-6:40pm
257424	Montgomery AqC	12/3	Th	6:10pm-6:40pm
257425	Montgomery AqC	12/3	Th	4:50pm-5:20pm
257423	Montgomery AqC	12/4	F	10:30am-11:00am
257412	Montgomery AqC	12/5	Sa	11:00am-11:30am
257413	Montgomery AqC	12/5	Sa	11:40am-12:10pm
257414	Montgomery AqC	12/5	Sa	1:00pm-1:30pm
257415	Montgomery AqC	12/6	Su	9:40am-10:10am
257416	Montgomery AqC	12/6	Su	10:20am-10:50am
257417	Montgomery AqC	12/6	Su	11:00am-11:30am
257418	Montgomery AqC	12/6	Su	1:00pm-1:30pm

MAC-Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions **\$57**

257430	Montgomery AqC	10/15	Th	6:10pm-6:40pm
257426	Montgomery AqC	10/17	Sa	11:00am-11:30am
257427	Montgomery AqC	10/17	Sa	12:20pm-12:50pm
257428	Montgomery AqC	10/18	Su	11:00am-11:30am
257429	Montgomery AqC	10/18	Su	11:40am-12:10pm

3 Sessions **\$29**

257435	Montgomery AqC	12/3	Th	6:10pm-6:40pm
257431	Montgomery AqC	12/5	Sa	11:00am-11:30am
257432	Montgomery AqC	12/5	Sa	12:20pm-12:50pm
257433	Montgomery AqC	12/6	Su	11:00am-11:30am
257434	Montgomery AqC	12/6	Su	11:40am-12:10pm

MAC-Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions **\$52**

257464	Montgomery AqC	10/12	M	6:10pm-6:40pm
257462	Montgomery AqC	10/17	Sa	1:00pm-1:30pm
257463	Montgomery AqC	10/18	Su	9:40am-10:10am

3 Sessions **\$26**

257467	Montgomery AqC	11/30	M	6:10pm-6:40pm
257465	Montgomery AqC	12/5	Sa	1:00pm-1:30pm
257466	Montgomery AqC	12/6	Su	9:40am-10:10am

MAC-Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who are already water adjusted. Class size is limited to 8 students.

6 Sessions **\$52**

257472	Montgomery AqC	10/13	Tu	5:30pm-6:00pm
257468	Montgomery AqC	10/17	Sa	10:20am-10:50am
257469	Montgomery AqC	10/17	Sa	12:20pm-12:50pm
257470	Montgomery AqC	10/18	Su	11:40am-12:10pm
257471	Montgomery AqC	10/18	Su	12:20pm-12:50pm

3 Sessions **\$26**

257477	Montgomery AqC	12/1	Tu	5:30pm-6:00pm
257473	Montgomery AqC	12/5	Sa	10:20am-10:50am
257474	Montgomery AqC	12/5	Sa	12:20pm-12:50pm
257475	Montgomery AqC	12/6	Su	11:40am-12:10pm
257476	Montgomery AqC	12/6	Su	12:20pm-12:50pm

MAC-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions **\$50**

257478	Montgomery AqC	10/17	Sa	9:40am-10:10am
257479	Montgomery AqC	10/17	Sa	11:00am-11:30am
257480	Montgomery AqC	10/17	Sa	11:40am-12:10pm
257481	Montgomery AqC	10/18	Su	10:20am-10:50am

257482 Montgomery AqC 10/18 Su 11:00am-11:30am

3 Sessions **\$25**

257483	Montgomery AqC	12/5	Sa	9:40am-10:10am
257484	Montgomery AqC	12/5	Sa	11:00am-11:30am
257485	Montgomery AqC	12/5	Sa	11:40am-12:10pm
257486	Montgomery AqC	12/6	Su	10:20am-10:50am
257487	Montgomery AqC	12/6	Su	11:00am-11:30am

MAC-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions **\$50**

257488	Montgomery AqC	10/17	Sa	11:40am-12:10pm
257489	Montgomery AqC	10/18	Su	11:00am-11:30am
257490	Montgomery AqC	10/18	Su	12:20pm-12:50pm
257491	Montgomery AqC	10/18	Su	1:00pm-1:30pm

3 Sessions **\$25**

257492	Montgomery AqC	12/5	Sa	11:40am-12:10pm
257493	Montgomery AqC	12/6	Su	11:00am-11:30am

257494 Montgomery AqC 12/6 Su 12:20pm-12:50pm

257495 Montgomery AqC 12/6 Su 1:00pm-1:30pm

MAC-Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions **\$50**

257496	Montgomery AqC	10/17	Sa	1:00pm-1:30pm
257497	Montgomery AqC	10/18	Su	1:00pm-1:30pm

3 Sessions **\$25**

257498	Montgomery AqC	12/5	Sa	1:00pm-1:30pm
257499	Montgomery AqC	12/6	Su	1:00pm-1:30pm

MAC-Youth-Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions **\$50**

257500	Montgomery AqC	10/17	Sa	12:20pm-12:50pm
257501	Montgomery AqC	10/18	Su	12:20pm-12:50pm

3 Sessions **\$25**

257502	Montgomery AqC	12/5	Sa	12:20pm-12:50pm
257503	Montgomery AqC	12/6	Su	12:20pm-12:50pm

MAC-Adult-Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

6 Sessions **\$59**

257286	Montgomery AqC	10/15	Th	8:30pm-9:00pm
257287	Montgomery AqC	10/17	Sa	11:00am-11:30am
257288	Montgomery AqC	10/18	Su	10:20am-10:50am

3 Sessions **\$30**

257289	Montgomery AqC	12/3	Th	8:30pm-9:00pm
257290	Montgomery AqC	12/5	Sa	11:00am-11:30am
257291	Montgomery AqC	12/6	Su	10:20am-10:50am

MAC-Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

6 Sessions **\$57**

257292	Montgomery AqC	10/17	Sa	10:20am-10:50am
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3 Sessions **\$29**

257293	Montgomery AqC	12/5	Sa	10:20am-10:50am
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MAC-Adult-Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combine stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions **\$57**

257294	Montgomery AqC	10/17	Sa	9:40am-10:10am
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3 Sessions **\$29**

257295	Montgomery AqC	12/5	Sa	9:40am-10:10am
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MAC-Adult-Level 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions **\$57**

257297	Montgomery AqC	10/13	Tu	8:30pm-9:00pm
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257296	Montgomery AqC	10/18	Su	11:40am-12:10pm
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3 Sessions **\$29**

257299	Montgomery AqC	12/1	Tu	8:30pm-9:00pm
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257298	Montgomery AqC	12/6	Su	11:40am-12:10pm
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MAC-Adult-Level 5

Designed for teenagers and adults (14 years and older) who can swim 1 length of front and back crawl, 15 yards of elementary back stroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions **\$57**

257300	Montgomery AqC	10/14	W	8:30pm-9:00pm
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3 Sessions **\$29**

257301	Montgomery AqC	12/2	W	8:30pm-9:00pm
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MAC-Adult-Swim for Condi.1

Designed for teenagers and adults (14 years and older) who can swim 25 yards of freestyle, backstroke, breaststroke. Students will further refine technical skills and learn to develop their own conditioning program. Class size limited to 15 students.

6 Sessions **\$57**

257302	Montgomery AqC	10/12	M	8:30pm-9:00pm
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3 Sessions **\$29**

257303	Montgomery AqC	11/30	M	8:30pm-9:00pm
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MAC-Adult-Swim for Condi.2

Designed for teenagers and adults (14 years and older) who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Class size limited to 15 students.

6 Sessions **\$57**

257304	Montgomery AqC	10/12	M	8:30pm-9:00pm
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3 Sessions **\$29**

257305	Montgomery AqC	11/30	M	8:30pm-9:00pm
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MAC-Adapted Aquatics

This is a learn-to-swim program for children ages 4 to 15 who have special needs. These classes are taught in a small group environment. Each child will have an assigned volunteer with them at all times. All participants must fill out and sign the information and release form at the first class. Students will not be able to participate until this form is on file. Students are allowed to be registered for ONLY one (1) class per session. Class size is limited to 8 students.

6 Sessions				\$55
257282	Montgomery AqC	10/17	Sa	9:45am-10:25am
257283	Montgomery AqC	10/17	Sa	10:35am-11:15am
3 Sessions				\$28
257284	Montgomery AqC	12/5	Sa	10:35am-11:15am
257285	Montgomery AqC	12/5	Sa	9:45am-10:25am