



Fall 2009

SWIM LESSONS

Martin Luther King, Jr. Swim Center

Phone: (240) 777-8060

Registration begins August 19. Swim Lessons for all ages and abilities. Screening is held on Tuesdays & Thursdays from 7:00pm-7:30pm at the MLK Swim Center (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.

MLK-Waterbabies

Designed for children 6 to 18 months. Basic water adjustment skills are taught. Infants/children who are not toilet trained **MUST** wear separate rubber/vinyl pants. An adult in a swimsuit must accompany **EACH** student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50

256703	MLK Swim Center	9/12	Sa	11:40am-12:10pm
256704	MLK Swim Center	9/15	Tu	9:30am-10:00am
256705	MLK Swim Center	9/15	Tu	6:30pm-7:00pm
256707	MLK Swim Center	10/27	Tu	9:30am-10:00am
256708	MLK Swim Center	10/27	Tu	6:30pm-7:00pm
256706	MLK Swim Center	11/1	Su	10:00am-10:30am

256695	MLK Swim Center	9/14	M	5:50pm-6:20pm
256696	MLK Swim Center	9/17	Th	10:10am-10:40am
256697	MLK Swim Center	9/17	Th	6:30pm-7:00pm
256700	MLK Swim Center	10/26	M	5:50pm-6:20pm
256701	MLK Swim Center	10/29	Th	10:10am-10:40am
256702	MLK Swim Center	10/29	Th	6:30pm-7:00pm
256698	MLK Swim Center	10/31	Sa	1:00pm-1:30pm
256699	MLK Swim Center	11/1	Su	12:00pm-12:30pm

MLK-Aquatots

Designed for children 18 months to 3 years. Basic water adjustment skills and simple water skills are taught. Infants/children who are not toilet trained **MUST** wear separate rubber/vinyl pants. An adult in a swimsuit must accompany **EACH** student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50

256617	MLK Swim Center	9/12	Sa	10:15am-10:45am
257973	MLK Swim Center	9/12	Sa	9:00am-9:30am
256618	MLK Swim Center	9/13	Su	10:00am-10:30am
256619	MLK Swim Center	9/13	Su	11:20am-11:50am
256620	MLK Swim Center	9/15	Tu	10:10am-10:40am
256621	MLK Swim Center	9/16	W	6:30pm-7:00pm
256628	MLK Swim Center	10/26	M	5:10pm-5:40pm
256625	MLK Swim Center	10/27	Tu	10:10am-10:40am
256626	MLK Swim Center	10/28	W	6:30pm-7:00pm
256622	MLK Swim Center	10/31	Sa	10:15am-10:45am
256623	MLK Swim Center	10/31	Sa	11:40am-12:10pm
256627	MLK Swim Center	10/31	Sa	11:00am-11:30am
256624	MLK Swim Center	11/1	Su	11:20am-11:50am

MLK-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

256629	MLK Swim Center	9/12	Sa	11:00am-11:30am
256630	MLK Swim Center	9/12	Sa	12:20pm-12:50pm
256631	MLK Swim Center	9/12	Sa	1:00pm-1:30pm
257869	MLK Swim Center	9/12	Sa	9:00am-9:30am
257870	MLK Swim Center	9/12	Sa	9:40am-10:10am
256632	MLK Swim Center	9/13	Su	10:40am-11:10am
256633	MLK Swim Center	9/13	Su	12:00pm-12:30pm
259009	MLK Swim Center	9/13	Su	9:15am-9:45am
256634	MLK Swim Center	9/14	M	5:10pm-5:40pm
256635	MLK Swim Center	9/14	M	6:30pm-7:00pm
256636	MLK Swim Center	9/15	Tu	5:10pm-5:40pm
256637	MLK Swim Center	9/16	W	5:10pm-5:40pm
256638	MLK Swim Center	9/17	Th	9:30am-10:00am
256639	MLK Swim Center	9/17	Th	5:50pm-6:20pm
257871	MLK Swim Center	9/17	Th	5:10pm-5:40pm
256645	MLK Swim Center	10/26	M	6:30pm-7:00pm
256649	MLK Swim Center	10/27	Tu	5:10pm-5:40pm
256647	MLK Swim Center	10/28	W	5:50pm-6:20pm
257874	MLK Swim Center	10/28	W	5:10pm-5:40pm
256648	MLK Swim Center	10/29	Th	5:10pm-5:40pm
256640	MLK Swim Center	10/31	Sa	12:20pm-12:50pm
256641	MLK Swim Center	10/31	Sa	1:00pm-1:30pm
256646	MLK Swim Center	10/31	Sa	11:40am-12:10pm
257872	MLK Swim Center	10/31	Sa	9:00am-9:30am
257873	MLK Swim Center	10/31	Sa	9:40am-10:10am
256642	MLK Swim Center	11/1	Su	10:40am-11:10am
256643	MLK Swim Center	11/1	Su	12:00pm-12:30pm
259016	MLK Swim Center	11/1	Su	9:15am-9:45am

MLK-Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. Infants/children who are not toilet trained **MUST** wear separate rubber/vinyl pants. An adult in a swim suit must accompany **EACH** student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50

256693	MLK Swim Center	9/12	Sa	1:00pm-1:30pm
256694	MLK Swim Center	9/13	Su	12:00pm-12:30pm

MLK-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**

256651	MLK Swim Center	9/12	Sa	10:15am-10:45am
256652	MLK Swim Center	9/12	Sa	11:00am-11:30am
256653	MLK Swim Center	9/12	Sa	11:40am-12:10pm
256654	MLK Swim Center	9/12	Sa	12:20pm-12:50pm
257875	MLK Swim Center	9/12	Sa	9:00am-9:30am
257876	MLK Swim Center	9/12	Sa	9:40am-10:10am
256655	MLK Swim Center	9/13	Su	10:00am-10:30am
256656	MLK Swim Center	9/13	Su	12:00pm-12:30pm
259020	MLK Swim Center	9/13	Su	9:15am-9:45am
256657	MLK Swim Center	9/14	M	6:30pm-7:00pm
256658	MLK Swim Center	9/15	Tu	5:50pm-6:20pm
256659	MLK Swim Center	9/15	Tu	6:30pm-7:00pm
256660	MLK Swim Center	9/16	W	5:50pm-6:20pm
257877	MLK Swim Center	9/16	W	5:10pm-5:40pm
256661	MLK Swim Center	9/17	Th	5:10pm-5:40pm
256662	MLK Swim Center	9/17	Th	6:30pm-7:00pm
256668	MLK Swim Center	10/26	M	5:10pm-5:40pm
256669	MLK Swim Center	10/26	M	6:30pm-7:00pm
256671	MLK Swim Center	10/27	Tu	6:30pm-7:00pm
256670	MLK Swim Center	10/28	W	5:50pm-6:20pm
256673	MLK Swim Center	10/29	Th	9:30am-10:00am
256674	MLK Swim Center	10/29	Th	5:50pm-6:20pm
257880	MLK Swim Center	10/29	Th	5:10pm-5:40pm
256663	MLK Swim Center	10/31	Sa	11:00am-11:30am
256664	MLK Swim Center	10/31	Sa	11:40am-12:10pm
256672	MLK Swim Center	10/31	Sa	10:15am-10:45am
256675	MLK Swim Center	10/31	Sa	1:00pm-1:30pm
257878	MLK Swim Center	10/31	Sa	9:00am-9:30am
257879	MLK Swim Center	10/31	Sa	9:40am-10:10am
256665	MLK Swim Center	11/1	Su	10:00am-10:30am
256666	MLK Swim Center	11/1	Su	11:20am-11:50am
256667	MLK Swim Center	11/1	Su	12:00pm-12:30pm
259021	MLK Swim Center	11/1	Su	9:15am-9:45am

MLK-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**

256676	MLK Swim Center	9/12	Sa	10:15am-10:45am
256677	MLK Swim Center	9/13	Su	11:20am-11:50am
259022	MLK Swim Center	9/13	Su	10:40am-11:10am
256678	MLK Swim Center	9/14	M	5:50pm-6:20pm
256679	MLK Swim Center	9/16	W	6:30pm-7:00pm
256684	MLK Swim Center	10/26	M	5:50pm-6:20pm
256685	MLK Swim Center	10/27	Tu	5:50pm-6:20pm
256686	MLK Swim Center	10/28	W	6:30pm-7:00pm
256687	MLK Swim Center	10/29	Th	6:30pm-7:00pm
256680	MLK Swim Center	10/31	Sa	11:00am-11:30am
256681	MLK Swim Center	10/31	Sa	12:20pm-12:50pm
256682	MLK Swim Center	11/1	Su	10:00am-10:30am
256683	MLK Swim Center	11/1	Su	10:40am-11:10am

MLK-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 (across the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions **\$57**

256688	MLK Swim Center	9/12	Sa	11:40am-12:10pm
256689	MLK Swim Center	9/15	Tu	7:10pm-7:40pm
256692	MLK Swim Center	10/27	Tu	7:10pm-7:40pm
256690	MLK Swim Center	10/31	Sa	10:15am-10:45am
256691	MLK Swim Center	11/1	Su	11:20am-11:50am

MLK-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**

256709	MLK Swim Center	9/12	Sa	10:15am-10:45am
256710	MLK Swim Center	9/12	Sa	11:40am-12:10pm
256711	MLK Swim Center	9/12	Sa	12:20pm-12:50pm
256712	MLK Swim Center	9/13	Su	10:40am-11:10am
256713	MLK Swim Center	9/13	Su	12:00pm-12:30pm
259023	MLK Swim Center	9/14	M	5:10pm-5:40pm
256714	MLK Swim Center	9/15	Tu	5:50pm-6:20pm
256715	MLK Swim Center	9/15	Tu	7:10pm-7:40pm
256716	MLK Swim Center	9/16	W	5:50pm-6:20pm
259024	MLK Swim Center	10/27	Tu	5:10pm-5:40pm
256718	MLK Swim Center	10/28	W	5:10pm-5:40pm
256719	MLK Swim Center	10/29	Th	5:50pm-6:20pm
256720	MLK Swim Center	10/31	Sa	12:20pm-12:50pm
256717	MLK Swim Center	11/1	Su	10:40am-11:10am

MLK-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. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

6 Sessions **\$52**

256721	MLK Swim Center	9/12	Sa	11:00am-11:30am
256722	MLK Swim Center	9/12	Sa	1:00pm-1:30pm
256723	MLK Swim Center	9/13	Su	10:40am-11:10am
256724	MLK Swim Center	9/13	Su	11:20am-11:50am
256725	MLK Swim Center	9/15	Tu	7:50pm-8:20pm
259025	MLK Swim Center	9/15	Tu	5:10pm-5:40pm
256726	MLK Swim Center	9/17	Th	5:50pm-6:20pm
256729	MLK Swim Center	10/27	Tu	5:50pm-6:20pm
256730	MLK Swim Center	10/27	Tu	7:10pm-7:40pm
256731	MLK Swim Center	10/29	Th	7:10pm-7:40pm
256727	MLK Swim Center	10/31	Sa	11:40am-12:10pm
256728	MLK Swim Center	10/31	Sa	12:20pm-12:50pm
256732	MLK Swim Center	11/1	Su	11:20am-11:50am

MLK-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

256733	MLK Swim Center	9/12	Sa	11:40am-12:10pm
256734	MLK Swim Center	9/12	Sa	1:00pm-1:30pm
256735	MLK Swim Center	9/13	Su	10:00am-10:30am
256736	MLK Swim Center	9/13	Su	11:20am-11:50am
256737	MLK Swim Center	9/15	Tu	7:50pm-8:20pm
256738	MLK Swim Center	9/17	Th	7:10pm-7:40pm
256742	MLK Swim Center	10/27	Tu	7:50pm-8:20pm
256739	MLK Swim Center	10/31	Sa	11:40am-12:10pm
256740	MLK Swim Center	10/31	Sa	1:00pm-1:30pm
256741	MLK Swim Center	11/1	Su	11:20am-11:50am
256743	MLK Swim Center	11/1	Su	12:00pm-12:30pm

MLK-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

256744	MLK Swim Center	9/12	Sa	12:20pm-12:50pm
256745	MLK Swim Center	9/13	Su	10:00am-10:30am
256751	MLK Swim Center	9/13	Su	11:20am-11:50am
256746	MLK Swim Center	9/17	Th	7:50pm-8:20pm
256750	MLK Swim Center	10/27	Tu	7:50pm-8:20pm
256747	MLK Swim Center	10/31	Sa	10:15am-10:45am
256748	MLK Swim Center	10/31	Sa	12:20pm-12:50pm
256749	MLK Swim Center	11/1	Su	12:00pm-12:30pm

MLK-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

256752	MLK Swim Center	9/12	Sa	12:20pm-12:50pm
256753	MLK Swim Center	9/13	Su	10:40am-11:10am
256754	MLK Swim Center	9/17	Th	7:50pm-8:20pm
256757	MLK Swim Center	10/29	Th	7:50pm-8:20pm
256755	MLK Swim Center	10/31	Sa	11:00am-11:30am
256756	MLK Swim Center	11/1	Su	10:00am-10:30am

MLK-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

256758	MLK Swim Center	9/12	Sa	1:00pm-1:30pm
256759	MLK Swim Center	9/17	Th	7:10pm-7:40pm
256762	MLK Swim Center	10/29	Th	7:10pm-7:40pm
256760	MLK Swim Center	10/31	Sa	1:00pm-1:30pm
256761	MLK Swim Center	11/1	Su	10:40am-11:10am

MLK-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

256600	MLK Swim Center	9/12	Sa	11:00am-11:30am
256601	MLK Swim Center	9/13	Su	10:00am-10:30am
256602	MLK Swim Center	9/15	Tu	8:30pm-9:00pm
256604	MLK Swim Center	10/27	Tu	8:30pm-9:00pm
256603	MLK Swim Center	11/1	Su	10:00am-10:30am

MLK-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

256605	MLK Swim Center	9/12	Sa	10:15am-10:45am
256606	MLK Swim Center	9/13	Su	12:00pm-12:30pm
256607	MLK Swim Center	9/15	Tu	8:30pm-9:00pm
256610	MLK Swim Center	10/27	Tu	8:30pm-9:00pm
256608	MLK Swim Center	10/31	Sa	10:15am-10:45am
256609	MLK Swim Center	11/1	Su	10:40am-11:10am

MLK-Adult-Level 3

Designed for teenagers and adults (14 years and older) 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 \$57

256611	MLK Swim Center	9/12	Sa	11:00am-11:30am
256612	MLK Swim Center	9/17	Th	8:30pm-9:00pm
256614	MLK Swim Center	10/29	Th	7:50pm-8:20pm
256613	MLK Swim Center	10/31	Sa	11:00am-11:30am

MLK-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 the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$57

256615	MLK Swim Center	9/17	Th	8:30pm-9:00pm
256616	MLK Swim Center	10/29	Th	8:30pm-9:00pm