

# **MARIST SWIM CLUB ~ LEARN TO SWIM PROGRAM**

## DATES – 6 Sunday Sessions

1. September 12    4. October 10
2. September 19    5. October 31
3. September 26    6. November 7



## TIMES

- 9:00 am – 9:45 am
- 10:00 am – 10:45 am
- 11:00 am – 11:45 am
- 12:00noon – 12:45 Pm

## **PLEASE READ CAREFULLY!! A LOT HAS CHANGED!**

## LEVELS

**Water Immersion:** Pre-School for 4year olds just being introduced to the water. **THIS IS NEW**

**Red Team:** 4-8 Year Old Beginning Swimming. This replaces Level 1 and will be held in the shallow end of the pool. This team teaches basic swimming techniques

**White Team:** Intermediate Swimming. This replaces level 2 and will take place in the Diving Well of the pool. This team will introduce crawlstroke and backstroke techniques.

**Blue Team:** Advanced Swimming. This replaces Level 3 and will take place in the competition end of the pool. This team will teach the techniques of all four swimming stokes.

**Gold Team:** Competition Swimming. This replaces Level 4 and will take place in the competition end of the pool. This team will teach advanced techniques for all four swimming strokes as well as starts and turns.

**Note:** All instructors will have a check list of all skills necessary for each participant to move on to the next level.

## COST please read carefully!!!

\$120.00

- Make checks payable to: **MARIST COLLEGE THIS IS NEW!**
- Pay Pal will not be available anymore! You must send a check made out to **MARIST COLLEGE** with the registration form and Waiver to hold your spot. **THIS IS NEW!**
- Send all registration forms, waivers and checks to:  
James J McCann Center  
C/O Larry VanWagner  
3399 North Road-Marist College  
Poughkeepsie, New York 12601-1387
- Checks will be deposited on a weekly basis. **THIS IS NEW!**
- Family discount: first child is full price, each additional child is \$115.00
- Confirmation calls will be made weekly.
- Please direct all questions, comments and concerns to Kyle O'Neil by e-mail [coachkyle40@gmail.com](mailto:coachkyle40@gmail.com) This is **NEW!**

## IMPORTANT INFORMATION

- Learn to Swim encourages swimmers from the ages of 4 through 15 years.
- Space is limited for each session as well as for each instructor. Each instructor will be assigned 4-6 swimmers, based upon the ability level of the group.
- Dates are subject to change based upon Marist College availability.
- Please provide payment with registration. Checks should be made payable to: *Marist College* All payments are non-refundable, and must be received with the application form.
- All Parents and other spectators must view the lesson program from the mezzanine (Up Stairs) This is New!

## LOCATION AND FACILITIES

All lessons will take place at the James J. McCann Center Natatorium at Marist College. The natatorium is the home of the Marist College men's and women's swimming and diving teams, as well as the Marist Swim Club and Marist Dive Club. The 40-yard facility is split into a 25-yard competitive course and diving well.

Kyle O'Neil, a graduate of the Marist Swim Club and current assistant coach to the Marist College swimming and diving teams, is heading the Learn To Swim Program. Members of both the men's and women's teams will be conducting the lessons for each session. For more information on the Marist Swim Club, please go to [www.maristswimclub.com](http://www.maristswimclub.com).

**Starting Monday August 2<sup>nd</sup> you will be able to print the registration form and the Waiver and Send in!**