



The Swim School at Marymount University

2807 N Glebe Rd, Arlington, VA 22207

WINTER 2022

5-week session

January 22 – February 26, 2022

NCAP Swim School Registration

All NCAP Swim School registration is processed via our online system. Visit our website at www.nationscapitalswimming.com/learn-to-swim-school to review class offerings.

- You will be directed to a link for the **registration page**
- You must fill in the **"Parent Info"** page first – then it will direct you to the page listing all classes, times, etc. If a class does not appear, it is full. Not all classes are offered every day at every time slot. You must fill in all information properly in order to proceed to the next step.
- Any registration questions email: sugast@nationscapitalswimming.com

GROUP CLASS Schedule

OFFERED SATURDAYS:

10:50am | 11:25am

SATURDAY:

January 22, 29 February 5, 19, 26

NO SWIM SCHOOL:

February 12 (Marymount Swim Meet)

Program Fees

Group Lessons - 5 weeks

Saturday class \$200



▶ Ages 3 - 5 years



Minnows

Beginner (3-5 years)

Child does not need any experience in the pool but must be able to separate from parents and must be 3 years of age by the 1st day of class. This class teaches kids how to dog paddle independently, float unaided on their back, put their face comfortably in the water, and climb in and out of the pool unaided.

30-minute lesson/1:3 ratio

SATURDAY 10:50am | 11:25am

Guppies

Intermediate (3-5 years)

Skills needed to enroll: Child needs to be comfortable putting their face in the water, needs to swim 5 feet independently in a dog paddle, and float unaided on their back. This class will teach basic freestyle techniques, kicking on the child's back unaided and swimming with the child's face in the water.

30-minute lesson/1:3 ratio

SATURDAY 10:50am | 11:25am

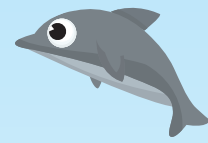
Parents:

Please be sure that your child can perform the minimum skills required for each level prior to signing them up.

PLEASE NOTE: there will be NO locker room access for the Winter 2022 session (bathroom use only).

If your child is ill, do not bring them to class. If a child vomits or poops in the pool, the pool must be closed and there will be no refunds or make ups to any class as a result. Please make sure they use the bathroom prior to class. Do not feed your children right before class. Also it is strongly advised not to let your children take a nap right before class.

▶ Ages 4 - 8 years



Turtles

Intermediate (4-7 years)

Skills needed to enroll: Swim 10 feet unaided in a basic freestyle stroke, including putting their face in the water, and kicking on their back unaided for 5 feet. This class will teach proper freestyle, introduce rotary breathing techniques and basic backstroke.

30-minute lesson/1:3 ratio

SATURDAY 10:50am | 11:25am

Seals

Advanced (4-8 years)

Skills needed to enroll: 10 feet of freestyle with basic rotary breathing, 5-10 feet of basic backstroke. This class will improve rotary breathing, teach legal freestyle and backstroke, and strengthen endurance and ability to swim the full length of the pool.

30-minute lesson/1:4 ratio

SATURDAY 10:50am | 11:25am

Sea Frogs

Advanced (5-8 years)

Skills needed to enroll: Child needs to be able to swim one length of the pool in proper freestyle and backstroke, including rotary breathing. This class improves stroke technique and endurance during freestyle and backstroke and ensures both strokes are legal. Begins to introduce basic breaststroke.

30-minute lesson/1:6 ratio

SATURDAY 10:50am | 11:25am