

# Summer 2019 Mansfield Aquatic Club

**REVISED**

## Swim School

Youth ages 4-14

Enroll online only: [www.mansfieldisd.org/aquatics](http://www.mansfieldisd.org/aquatics)

**PLEASE PRINT FLYER BEFORE REGISTERING FOR CLASSES**

To Register: From the webpage above, follow these directions: 1) scroll down and click on Swim School (right side menu), 2) click on Life Preserver (right hand side), scroll down the page to locate the classes and times you want to register your swimmer for.

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# REGISTRATION OPENED APRIL 15, 2019

### Others 'do' lessons...We TEACH Swimming!

At MAC Swim School our mission is to teach children how to swim. Our goal is to build confidence and teach lifelong lessons in water safety so that children learn to love, respect and always be comfortable in any aquatic environment whether it's competitive swimming, the neighborhood pool, rivers and lakes, or the ocean.

**IMPORTANT:** Classes meet 4 days per week for two consecutive weeks. Please note that your swimmer may only attend the classes within the schedule you select. Make-up lessons *are not offered*, so please check schedules before making your purchase.

**Waitlist Instructions:** When classes are full, you have the option to put your swimmer(s) on waitlists. If you wish to place your swimmers on the waiting list, proceed through the registration process. **Your credit card will not be charged.** If swimmers drop or are promoted, we fill the space with swimmers who are on the waiting list in the order of registration via the telephone number provided during the registration process to confirm that the space is still wanted and the credit card on file will be charged at that time. **Due to the number of swimmers on the waiting list and the quick turnaround time we ONLY contact those who are offered a space from the waiting list.**

**Questions:** Coach Kahla at: (817) 276-5241 or e-mail: [blakekahla@misdmail.org](mailto:blakekahla@misdmail.org)  
Theresa Brown at (817) 276-5230 or email: [theresabrown@misdmail.org](mailto:theresabrown@misdmail.org)

**Session 3: July 8 – July 18 / 8 classes for \$110 / Enrollment ends midnight Thursday, July 4**

<u>Schedule</u>	<u>Days</u>	<u>Class Start / End Time</u>
Schedule 1a	Monday - Thursday	9:00am – 9:30am
Schedule 1b	Monday - Thursday	9:45am – 10:15am
Schedule 1c	Monday – Thursday	10:30am – 11:00am
Schedule 1d	Monday - Thursday	11:15am – 11:45pm
Schedule 1e	Monday - Thursday	3:15pm – 3:45pm
Schedule 1f	Monday - Thursday	4:00pm – 4:30pm
Schedule 1g	Monday - Thursday	4:45pm – 5:15pm
Schedule 1h	Monday – Thursday	5:30pm – 6:00pm
Schedule I	Monday – Thursday	6:15pm – 6:45pm

## Session 4: July 22 – August 1 / 8 classes for \$110 / Enrollment ends midnight Thursday, July 18

Schedule	Days	Class Start / End Time
Schedule 1a	Monday - Thursday	9:00am – 9:30am
Schedule 1b	Monday - Thursday	9:45am – 10:15am
Schedule 1c	Monday – Thursday	10:30am – 11:00am
Schedule 1d	Monday - Thursday	11:15am – 11:45pm
Schedule 1e	Monday - Thursday	3:15pm – 3:45pm
Schedule 1f	Monday - Thursday	4:00pm – 4:30pm
Schedule 1g	Monday - Thursday	4:45pm – 5:15pm
Schedule 1h	Monday – Thursday	5:30pm – 6:00pm
Schedule I	Monday – Thursday	6:15pm – 6:45pm

### Swim Lessons

Levels 1-4 are our fun, basic learn to swim program with 3:1 student to teacher ratios. We run on a five swim level curriculum where swimmers learn a new skill at every level and advance through at their own pace. It begins as basic as learning to do a successful submersion for five seconds, and finishes with learning the crawl stroke. These levels also have a huge emphasis on safety – swimmers are taught a rolling recovery, as well as a jump recovery.

Levels 5-8 are designed as a more “competitive” learn to swim program with 4:1 student to teacher ratios. This curriculum is for those looking for more advanced instruction –covering streamlining, bi-lateral breathing, side breathing freestyle, and the other 3 competitive strokes of backstroke, breaststroke, and butterfly. These levels also cover treading water and survival floats.

**Age:** 4 years and up to 14

**Lesson Duration:** 30 minutes

### Instructions on Coming to Class:

On the first day of class, we will evaluate your child to ensure he/she is in the appropriate level. Please go to the bleachers at the shallow end of the pool through the doors closest to Holland Drive. Please make sure your child uses the restroom before their lesson begins. You may escort your swimmer onto the deck no more than **5 minutes before your child’s lesson begins. Once the class begins, parents will be asked to leave the pool deck, and observe the class from our second floor seating area.** There will be some movement of instructors and students in order to maximize lesson effectiveness. Parents may return to the deck once the class is finished.

### MAC Swim School FAQs

**What do I need to bring to my lessons?** Swimsuit, Towel, Goggles.

**How long are the lessons?** MAC 1 and MAC 2 lessons are 30 minutes. Pre-MAC lessons are 45 minutes.

**What is the temperature of the lessons pool?** The water is kept between 80 and 82 degrees.

**What if my child cries and doesn’t want to get into the water?** We encourage you to let us help! Our instructors and deck supervisors are trained professionals, and will do whatever is necessary to help your swimmer feel comfortable and confident in the water.

**How do I know what swim level my swimmer is on?** The deck supervisors have each swimmer’s current swim level, as well as the number of classes at that level, on their clipboards. Please feel free to check with them between classes.

**When does my swimmer advance to the next station?** Swimmers are promoted to the next level once they demonstrate mastery of the current skill. Swimmers can advance more than one level per class, as well as remain at a level a few times if necessary. It is not uncommon for kids to spend more time on stations as they progress through the program, as the skills become more difficult. We want them to advance on their own terms so that their successful at the next level.

**Do I get the same instructor every class?** We don't guarantee that your swimmer will have the same instructor for every lesson. We want your swimmer to have the opportunity to experience different teaching styles, and not force them with one instructor who they're struggling to connect with. All of our instructors are fantastic, and will do anything they can to make sure your swimmer improves and has an outstanding lesson.

**Under what circumstances am I granted a makeup lesson?** To ensure that we are able to stay within student/teacher ratios and to assure the quality of the program we are not able to offer make-up lessons for classes missed. In the event that your swimmer is injured and is unable to attend classes please contact Mrs. Theresa to request a medical withdrawal. Medical withdrawals require a doctor's note.

## Skill Levels:

The following descriptions determine the initial placement of your child. Once your child masters the advancement goals in each level, he/she will immediately be moved to the next level. Children advance at their own pace, depending on his/her physical skill and maturity. When selecting a level for your swimmer, please ensure he/she has mastered all of the goals outlined in previous levels.

- 1- If your child is learning to go underwater, select Level 1
- 2- If your child can float face down, select Level 2
- 3- If your child can glide on his/her stomach and back, select Level 3
- 4- If your child can swim freestyle for 15 feet, select Level 4
- 5- If your child can swim freestyle and backstroke, select Levels 5
- 6- If your child can breath to the side, select Level 6
- 7- If your child can swim a 25 of freestyle and back stroke, select Level 7
- 8- If your child can swim a 25 of fly, select Level 8

## Transfer, Withdrawal and Refund Policies:

**These policies are built into the online registration process and cannot be modified.**  
**Transaction/processing fees assessed by our online services provider are non-refundable.**

If you wish to **transfer** to a different session, you must e-mail Theresa Brown at [theresabrown@misdmail.org](mailto:theresabrown@misdmail.org) **at least one week** prior to the first day of class without penalty. There will be a \$10 fee for each transfer that is requested **less than one week** prior to the start of class. Requests received **less than 2 Business Days\*** prior to the first day of class will not be approved.

If you wish to **withdraw** your swimmer and request a **refund**, you must e-mail Theresa Brown at [theresabrown@misdmail.org](mailto:theresabrown@misdmail.org) **at least one week** prior to the first day of class. Swimmers withdrawn less than one week prior to the first day of class will receive a **50% refund**. Swimmers withdrawn **less than 2 Business Days\*** prior to the first day of class **will not be refunded**. All online transactions are assessed a non-refundable processing fee by TeamUnify.

MISD Natatorium is part of the MISD Athletic Complex  
**3700 E. Broad Street and SH 360**  
1001 North Holland Road  
Phone: (817) 276-5230