



Swim Lesson Guidelines

- We respectfully request that parents not be on the pool deck during swim lessons. Parents may attend the swim demonstration on the last day of lessons.
- Children must be three years of age to take lessons independently. Children under three years may participate in Parent Child classes.
- Sessions must be paid for in full to secure registration in class.
- If it is evident that a child is not ready for lessons, the Aquatics Manager will contact the parent and a full refund will be given.
- In order to guarantee a 6:1 student to teacher ratio, makeup lessons are not available.
- Each class has a minimum enrollment of 4 students.
- All of our instructors are certified and experienced.

Youth Group Swim Lessons

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At Miramont your child will develop the skills needed to be safe in, on, and around the water, as well as learning how to swim at a high level. We have 8 different levels to match your child's needs. Please refer to the level descriptions.

South Location

Preschool Levels Ages 3 - 5

Designed to meet younger children's needs

PSL 1 – Introduction to Water Skills, Water exploration

- Safety in entering and exiting the water
- Submerging head and blowing bubbles
- Floating and gliding with support, both front and back
- Water safety rules and wearing a life jacket

PSL 2 – Fundamentals of swimming

- Complete submerging
- Comfort in gliding and floating without support
- Introduction to treading water in shallow end
- Arm and leg action is introduced

PSL 3 – Advancement of swimming fundamentals

- Introduction of freestyle and backstroke
- Total comfort in floating and gliding
- Treading water in deep end
- After completion of PSL3 swimmers move to Level 3

Learn to Swim Levels Ages 5 and up

Level 2 – Fundamental Aquatic Skills, Primary Skills

- Complete submerging



- Floating without support, both front and back
- Gliding without support
- Swim using alternating leg and arm action 5 yards
- Water safety rules and how to help others

Level 3 – Stroke Development

- Deep-water entry and safety
- Side breathing
- Treading water
- Introduction to freestyle, backstroke, butterfly kick and body motion
- Water safety rules and safe diving rules

Level 4 – Stroke Improvement

- Surface dives and underwater swimming
- Tread water using all kicks
- Freestyle, backstroke, breaststroke, butterfly
- Introduction to elementary backstroke
- Safety in diving

Level 5 – Stroke Refinement

- Endurance and technique on all strokes
- Race starts
- Flip turns

Parent/Child Class - **Ages 6 months to 3 years**

- Children will learn the basic swimming skills in a fun caring environment
- Parents are in the water with the children helping to guide their learning

Session Dates

Session 1 June 7- 25

Session 2 July 5 - 23

Session 3 July 26 - Aug 13

Registration

June 1 - 4

June 29 - July 2

July 20 - 23

Session Details

Mornings

Days	Times	Levels
M,W,F	10:00 -10:30am	PSL1, PSL2, Level 2, Level 3
	10:00 -10:45am	Level 4, Level 5
	10:30 -11:00am	PSL 3, Level 2, Level3, Parent Child



Evenings

T,TH	5:00 - 5:30pm	PSL1, PSL2, Level 2, Level 3
	5:00 - 5:45pm	Level 4, Level 5
	5:30 - 6:00pm	PSL 3, Level 2, Level3, Parent Child

Cost

member

	30 Minute	45 Minute
T,TH	\$ 58	\$ 72
M,W,F 2x/week	\$ 58	\$ 72
M,W,F 3x/week	\$ 87	\$ 108

non-member

	30 Minute	45 Minute
T,TH	\$ 73	\$ 87
M,W,F 2x/week	\$ 73	\$ 87
M,W,F 3x/week	\$ 107	\$ 128

Private Swim Lessons

Do you want to improve your stroke technique, start training for an event, or do you just want to make sure your child is safe in the water? Let our experienced, certified instructors inspire you. One on one instruction is available for all ages, young and old.

Cost All pricing is for 30 minute sessions.

Private

member	\$25/1 session
	\$138/6 sessions
	\$252/12 sessions
non-member	\$30/1 session
	\$162/6 sessions
	\$300/12 sessions

Semi-Private

member	\$20/person
non-member	\$25/person

Swim Team/Stroke Clinic

Miramont Swim Team and Stroke Clinics are an excellent way for kids to advance their swimming skills. We focus on proper technique of the four competitive strokes, freestyle, backstroke, breaststroke, and butterfly. Our coaches provide an energizing environment where kids are inspired to achieve their goals and have a great time doing it!