

Youth Private Swim Lessons

South Location

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 trained, experienced, and certified instructors inspire you in the pool. One on one instruction is available for all ages young and old. Contact the Aquatics Department at 672-4255 to get started or with any questions.

Private 1 on 1 Instruction

Up to level 5 ability
All pricing is for 30-minute sessions

Private lessons & Cost

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

Stroke improvement

This is the best way to increase skills with a focus on technique. For kids level 4 and up.

premier members	non-members
30 minute / \$30	30 minute / \$35
45 minute / \$45	45 minute / \$50
60 minute / \$60	60 minute / \$65

Small group lessons (2 - 4 people)

This is a great way to have fun with a group while learning to swim. 30 minute classes

premier members	non-members
2x classes - \$44 / person	2x classes - \$54 / person
4x classes - \$80 / person	4x classes - \$100 / person
6x classes - \$115 / person	6x classes - \$145 / person

Youth Group Swim Lessons

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 exactly. Please refer to the individual level descriptions to see what skills will be learned in each level.

Contact the Aquatics Manager, Nick Anziano at 672-4255 or nicka@miramontlifestyle.com with any questions.

Registration is held at the South Front Desk

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

PSL 2 – Fundamentals of Swimming

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

PSL3 – Advancement of Swimming Fundamentals

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

Learn to Swim Levels Ages 6 and up

Level 2 – Fundamental Aquatic Skills, Primary Skills

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

Level 3 – Stroke Development

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

Level 4 – Stroke Improvement

- Surface dives & underwater swimming
- Tread water using all kicks
- Freestyle, backstroke, breaststroke, butterfly
- Introduction to elementary backstroke
- Diving safety

Pre Swim Team – Stroke Refinement

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

Ages 6 Months to 3 Years

Parent / Child Class

- 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

Morning

Days	Times	Levels
M,W,F	10:00 - 10:30am	PSL1, PSL2, Level 2, Level 3
	10:00 - 10:45am	Level 4*, Level 5*
	10:35 - 11:05am	PSL3, Level 2, Level 3, Parent Child

Evening

T,TH	5:00 - 5:30pm	PSL1, PSL2, Level 2, Level 3
	5:00 - 5:45pm	Level 4*, Level 5*
	5:30 - 6:05pm	PSL3, Level 2, Level 3, Parent Child
	6:10 - 6:40pm	Level 3, Level 2

Session Dates & Registration

Session 1	May 31 - June 17	Registration May 17 - 27
Session 2	June 20 - July 8	Registration June 7 - 17
(no class July 4)		

Member	30 Minute Class	*45 Minute Class
T,TH	\$58	\$72
M,W,F 2x / week	\$58	\$72
M,W,F 3x / week	\$77	\$96

Non - Member	30 Minute Class	*45 Minute Class
T,TH	\$73	\$87
M,W,F 2x / week	\$73	\$87
M,W,F 3x / week	\$97	\$116

Session 3	July 11 - July 29	Registration June 28 - July 8
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Member	30 Minute Class	*45 Minute Class
T,TH	\$58	\$72
M,W,F 2x / week	\$58	\$72
M,W,F 3x / week	\$87	\$108

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

Session 4 August 1 - August 12 **Registration** July 19 - 29

Member	30 Minute Class	*45 Minute Class
T,TH	\$39	\$48
M,W,F 2x / week	\$39	\$48
M,W,F 3x / week	\$58	\$72

Non - Member	30 Minute Class	*45 Minute Class
T,TH	\$54	\$87
M,W,F 2x/week	\$54	\$87
M,W,F 3x/week	\$78	\$92

Miramonsters Swim Team

Join us for an awesome two months of fun and sun on the Miramonsters Swim Team. We are part of the Horsetooth Swim League and compete against other pools in the Fort Collins area. Swimmers will find that our coaches provide an energizing environment where kids develop technique, increase endurance and are inspired to set and achieve goals. We work all season for the Horsetooth League Championship meet, held July 22 and 23.

Summer Season May 31 - July 23 **Registration** May 3 - 27

Parents informational meetings in South Cafe

May 3 / 5:00pm May 17 / 6:15pm

Cost \$195 / Premiere member \$225 / Non-member

City Championships July 22 - 23

Our goal is 100% participation from our swimmers. Last season we came in 6th place and 4th the year before. Our goal this year is to again take 4th or better and with total participation this is very possible!

Practice Times

Red Team 7:50 - 9:00am

Black Team 7:00 - 8:30am

Requirements All children need to be at least 5 years old.

Red Team - Children must have passed level 4 swim lessons and be able to swim one length of the pool in freestyle and backstroke. Expectation is 3 - 5 practices per week.

Black Team - Children must be able to swim one length of the pool of all four strokes consecutively as a 100 IM. Expectation is 4 - 5 practices per week.

Please call the Aquatics office at 672-4255 or email us at aquatics@miramontlifestyle.com for all registration