



2024 Adult Swim Programming Schedule

We offer three different levels of swim programming for adults: Coached Lap Swimming, Lap Swimming Basics, and Adult Learn to Swim.

Coached Lap Swimming - These adult classes are programmed with approximately 4-6 swimmers per lane. Participants must be comfortable swimming 25 yards (one length of the pool). A basic familiarity with all four strokes is suggested (and required for the AM session). Workouts range from 1,000 yards to two miles per workout.

Lap Swimming Basics - This class is for adults who are not afraid of the water and can swim but would like to get more comfortable lap swimming. Our goal is to help the adults who want to join the coached lap swimming classes or simply be more effective with their own fitness routines. We will focus on freestyle breathing and technique and the backstroke. We will also introduce breaststroke and butterfly and learn proper lap swim etiquette/tips.

Adult Learn to Swim - Are you nervous about starting with a group or working toward water comfort? This is the perfect series for you. This class is for adults who are afraid of the water or have no/little swimming abilities. Classes will focus on proper floating, kicking, arm movements, and breathing in order to swim across a pool easily and safely on their front and back.

Policies & Requirements

Payment Policy

A non-refundable \$25 deposit per person per session is due at registration. All remaining balances are due four (4) weeks before the start of each monthly session. *If you cancel at least four (4) weeks before the beginning of the session, you will receive a full refund of anything you've paid so far except the non-refundable deposit. If you cancel 3-4 weeks before the session starts, you will only receive a 50% refund. You will not receive a refund if you cancel within three (3) weeks of the session start date. All cancellations must be obtained in writing by anna@mountsequoyah.org.*

Gear Requirements

- Team swimsuits will be available to purchase [here](#) (Username: Sequoyah1 Password: MountSequoyah1) but are not required. We recommend that men wear suits without pockets or order a jammer-style suit and women wear one-piece exercise suits.
- Goggles are mandatory, and we recommend “mirrored” ones if you swim during daylight hours (so that you don't close your eyes when you swim the backstroke). These are available [here](#) (Username: Sequoyah1 Password: MountSequoyah1).
- Swim Caps will also be included with your registration and available for pick-up at the year's first practice. If you missed getting one, check the gear cabinet.

Registration is open to returning adult Marlins Swimmers on Wednesday, Feb 28 @ 8 pm.

Registration is open to new adult swimmers on Thursday, Feb 29 @ 8 pm

Registration links & more information at www.mountsequoyah.org/swim

Coached Lap Swimming

- May 6 – June 2*
- June 3 – June 30
- July 1 – August 4*
- Aug & Sept TBA ^

May Sessions (select one):

1. Mornings A: Tuesday/Thursday 5:30 - 6:30 am, and you choose one weekend day (Saturday or Sunday) at 7:00 am - 8:00 am
2. Mornings B: Tuesday/Thursday 6:35 - 7:35, and you choose one weekend day (Saturday or Sunday) at 7:00 am - 8:00 am
3. Lunch: Monday/Wednesday/Friday 12-1 pm
4. Evenings: Tuesday/Thursday 6:45-7:45 pm, and you choose one weekend day (Saturday or Sunday) at 7:00 am - 8:00 am

June & July Sessions (select one):

1. Mornings A: Tuesday/Thursday 6-7 am and you choose one weekend day (Saturday or Sunday) at 7:00 am - 8:00 am
2. Mornings B: Tuesday/Thursday 7-8 am, and you choose one weekend day (Saturday or Sunday) at 7:00 am - 8:00 am
3. Lunch: Monday/Wednesday/Friday 12-1 pm
4. Evenings: Monday/Wednesday 6:45-7:45 pm, and you choose one weekend day (Saturday or Sunday) at 7:00 am - 8:00 am

Notes on Coached Lap Swimming:

- Pricing: \$70 per person per month (\$5.88/coached class!)
- One makeup per month into another class period (annual memberships receive two makeups/month)
- \$20 drop-in per class for friends or family
- Household Discount = \$10 off *per person* if two (2) or more swimmers from the same household are registered to swim during the same month (can register for different sessions within the same month)
- Notice that the Evening practice time changes days and shifts later in the evening during the summer months of May-July (compared to winter swimming)
- Save the Date: Adult Mini Meet on Saturday, September 21
- * No Practice on Memorial Day or the 4th of July
- ^ August and September registration will open on Thursday, May 23rd.

Lap Swimming Basics

(Max - 12 students, Minimum - 6 students)

May Session option 1: six 45-minute practices; \$70 per session

- Monday evenings 6:00 - 6:45 pm (May 6, 13, 20)
- Saturday mornings, 8:10 - 8:55 am (May 11, 18, & June 1)
- Note: no class on the Saturday or Monday of Memorial Day weekend

May Session option 2: six 45 minute practices \$70 per session

- Mon/Wed mornings 11:15 - 12:00 pm (May 6, 8, 13, 15, 20, 22)

June Session: four 45 min practices \$60 per session

- Saturday mornings, 8:00-8:45 am (June 8, 15, 22, 29)

July Session: four 45 min practices \$60 per session

- Saturday mornings, 8:00 - 8:45 am (July 13, 20, 27 & Aug 3)

Adult Learn to Swim

(Max - 6 students, Min - 3 students)

May Session option 2: six 45 minute practices \$90 per session

- Mon/Wed mornings 11:15 - 12:00 pm (May 6, 8, 13, 15, 20, 22)

June Sessions: four 45-min lessons \$75 per session

- Saturday mornings, 8:00 - 8:45 am (June 8, 15, 22, 29)

July Sessions: four 45-min lessons \$75 per session

- Saturday mornings, 8:00 - 8:45 am (July 13, 20, 27 & Aug 3)