



2021 Adult Swim Programming Schedule

Coached Lap Swim (each session is 4-weeks long)

The adult classes are programmed with approximately 2-6 swimmers per lane. There are lanes of beginners that are swimming 1-2 lengths of the pool at a time before stopping and there are lanes of swimmers doing close to 2 miles per workout day. There are lanes in-between. Come join us!

- April 6 – May 1
- May 3 – May 29
- May 31 – June 26
- June 28 – July 24
- July 26 – August 21
- August 23 – September 11
- September 13 – October 2
- October 4 – October 30 **Weather Dependent**

For each session, you can choose from the following options:

1. *Mornings*: Tuesdays/Thursdays 6-7 am + Saturdays 6:45-7:45 am (\$55)
2. *Lunch Swim*: Mondays/Wednesdays 12-1 pm (\$40) **not available in April*
3. *Both Mornings & Lunch Swim*: Select both the morning and the lunch sessions in any given month and get \$15 off by adding the “Double-up Discount” under Session Options total (**not available in April*)

New This Year: Lap Swimming Basics

We are excited to launch our new “Lap Swimming Basics” class that will help adults get more comfortable with their lap swimming. The class will focus on technique to get the most out of your lap swimming sessions, whether you swim on your own or with a group. This is prime-time in the water with Coach Anita. Each of these classes is “stand-alone” as the same material will be covered; however, if you would like the additional practice, you can come with questions and continue to work on technique throughout the summer.

Classes are 45 minutes in length and are \$10 per swimmer, per class. Mount Sequoyah Pool Members and Clubhaus Fitness Members receive \$5. Please contact melissa@mountsequoyah.org to get your discount code.

- Saturday, May 1 at 7:45 am
- Saturday, May 29 at 7:45 am
- Tuesday, June 1 at 7:30 pm
- Tuesday, June 29 at 7:30 pm
- Tuesday, Aug 3 at 7:30 pm

If you are really interested and these times don't work for you, please email Anita or Melissa so we can try to determine a schedule that will capture the biggest audience.

This is not a “learn-to-swim” class for adults who are afraid of the water. (Anita will be offering private lessons for those swimmers at her house and in a more private setting. If you are interested, email Anita at anitaparis@sbcglobal.net.)

Registration Opened to Returning Adult Marlins Swimmers on Monday, March 1 @ 9:00 am

Registration Opened to New Swimmers on Tuesday, March 2 @ 9:00 am

*****registration links & more information at www.mountsequoyah.org/swim *****