



2022 Adult Swim Programming Schedule

Coached Lap Swim

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 5 – April 30*~~
- May 2 – June 4 (no practice Memorial Day)
- June 6 – July 2
- July 5 – July 30
- August 2 – September 3^
- September 6 – October 1^

Each month, you can choose from the following practice times:

1. *Mornings:* Tuesdays/Thursdays/Saturdays 6-7 am
2. *Lunch + Saturday AM:* Mondays/Wednesdays 12-1 pm + Saturdays 7:10-8:10 am **not available in April*
3. *Evenings + Saturday AM:* Tuesday/Thursdays 6:45-7:45 pm + Saturdays 7:10-8:10 am **not available in April*

Pricing is per month based on the number of practice times you sign up for:

1. *Any single practice time:* \$60 per month (for example, just mornings)
2. *Any two practice times:* \$100 per month (for example, mornings and lunch)
3. *All three practice times:* \$130 per month

Lap Swimming Basics

Are you nervous about starting with the group? This is the perfect class for you! We are excited to continue our 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 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 register for both and continue to work on technique.

Classes run for one hour and cost \$15 per swimmer, per class. Mount Sequoyah Pool Members and Clubhaus Fitness Members receive \$5 off. Please contact melissa@mountsequoyah.org to get your discount code.

- ~~Saturday, April 30, 9:00 am~~
- Saturday, June 4, 9:00 am

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.)

Save the Date: Adult Mini Meet on Saturday, September 17

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

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

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

^Registration for our fall sessions will open later in the year (look for them mid-summer)