

St. Mary's College of Maryland
at Historic St. Mary's City

Learn-to-Swim Classes

Learn to swim with the Seahawks! Seahawk Swimming lessons are taught by certified American Red Cross Water Safety Instructors. They are held at our Aquatic Center in the Athletics & Recreation Center. Space is very limited, so register today!

Check the box next to the level you wish to choose.

Level	Description	Days/Dates	Times	Choice
Parent & Child	A parent-and-child class for pre-school children. The parent swims with the child to help them feel comfortable in the water. Ages: 2 – 5 years	Sat., June 7-July 26 (no class July 5)	Sat 12:00-12:35 pm	
		Mon/Wed, June 2-25	5:30-6:00 pm	
		Mon/Wed, July 7-30	5:30-6:00 pm	
I	Introduction to Water Skills: helps students feel comfortable in the water and enjoy it safely. Ages: 4 years and up	Sat., June 7-July 26 (no class July 5)	12:45-1:20 pm	
		Tue/Thu, June 3-26 (no class June 24)	5:30-6:05 pm	
		Tue/Thu, July 8 – 31	5:30-6:00 pm	
II	Fundamental Aquatic Skills: gives students success with fundamental skills. Prerequisite: Completion of level I or instructor's discretion	Mon/Wed, June 2-25	6:15-6:45 pm	
		Tue/Thu, June 3-26 (no class June 24)	5:30-6:05 pm	
		Mon/Wed, July 7-30	6:15-6:45 pm	
		Tue/Thu, July 8 – 31	5:30-6:00 pm	
III	Stroke Development: builds on the skills in Level 2 by providing additional guided practice. Prerequisite: Completion of level II or instructor's discretion	Tue/Thu, June 3-26 (no class June 24)	6:20-6:55 pm	
		Tue/Thu, July 8 – 31	6:15-6:45 pm	
IV	Stroke Improvement: develops confidence in the strokes learned and improves other aquatic skills. Prerequisite: Completion of level III or instructor's discretion	Tue/Thu, June 3-26 (no class June 24)	5:30-6:05 pm	
		Tue/Thu, July 8 – 31	5:30-6:00 pm	
V	Stroke Refinement: provides further coordination and refinement of strokes. Prerequisite: Completion of level IV or instructor's discretion	Tue/Thu, June 3-26 (no class June 24)	6:20-6:55 pm	
		Tue/Thu, July 8 – 31	6:15-6:45 pm	
Adult	For beginning swimmers ages 18 and up: gives basic water safety knowledge and fundamental swimming skills; builds on previous experience to improve aquatic skills and increase endurance.	Tue/Thu, June 3-26 (no class June 24)	6:20-6:55 pm	
		Tue/Thu, July 8 – 31	6:15-6:45 pm	

Student Name: _____ Age: _____

Parent/Guardian: _____

Address: _____

Phone: _____ E-mail: _____

Fees: \$65 per student per class. Checks may be made payable to SMCM.

Send registration forms to: St. Mary's College of Maryland
Attn: Cashier
18952 East Fisher Road
St. Mary's City, MD 20686-3001

Questions??? Please contact the Office of Lifelong Learning at 240-895-2200