

## GROUP NAMES & DESCRIPTIONS

**Trotters: Group I: (children 4 and above; no skill requirements) Maximum class size: 6**

The purpose of this class is to create a sound foundation for aquatic education. Specific skills will include, but not be limited to, entry to/exit from the pool, safety rules, body balance, getting help in an emergency, breath control, supported and unsupported floating and locomotion. Children must be completely toilet trained with no risk of accidents.

**Colts: Group II: (skill requirement) Maximum class size: 7**

The purpose of this class is to expand on the safety and swimming skills learned in Group I. Specific skills will include floating and kicking on front and back, rhythmic breathing, sculling skills, streamlining, breaststroke kick, turning over, deep water swimming, safety skills, and rules.

**Broncos: Group III (skill requirement) Maximum class size: 8**

The purpose of this class is to increase swimming skill competency and practice safety skills. Specific skills will include fundamentals of backstroke, front crawl, and breaststroke, butterfly kick, swimming in deep water, beginning progression of diving, treading water, and self-rescue skills.

**Mustangs: Group IV and V: (skill requirement) Maximum class size: 8**

The purpose of this class is to develop confidence and endurance in strokes and learn new strokes and diving techniques. Specific skills include a racing dive from a standing position, increased swimming distances, fundamentals of butterfly, new safety skills and self-rescue skills.

**The group numbers in our program correspond to the equivalent level number in the American Red Cross Swimming Program.**

## Other Information

1. Locker rooms can be used for changing, using restrooms, and taking showers, but students should bring their belongings onto the deck.
2. Parents are not allowed on the pool deck. They may escort their children to the locker rooms but then must enter the pool area via the main entrance and sit in the bleacher area.
3. Certificates will be awarded at the end of the season.
4. Private lessons will run year-round.
5. Contact Daniel S. Dubois (292-2846) if you need specific information about classes, your child's swimming level, or other details.

**Pool Location: 1000 East Henrietta Road, Parking lot G, Bldg 10**

**MCC Aquatic Information Line 292-2866**