



# The Swim School at Marymount University

2807 N Glebe Rd, Arlington, VA 22207

## WINTER 2024 10-week session January 27 – April 27, 2024

### NCAP Swim School Registration

- Registration will open on November 18<sup>th</sup> at 9:00am for **current members** (enrolled in Fall 2023 session).
- Registration will open on December 2<sup>nd</sup> at 9:00am for **new members** (no exceptions).

All NCAP Swim School registration is processed via our online system. Visit our [Jack Rabbit Parent Portal](#) to review class offerings and register.

- You will be directed to login - then it will direct you to the page listing all classes, times, etc. If a class does not appear, it is full.
- To create a new account, you can do so here: [NCAP Jack Rabbit Registration](#)
- Any registration questions email: [swimschool@nationscapitalswimming.com](mailto:swimschool@nationscapitalswimming.com)
- **NO MAKE-UPS AVAILABLE:** We do not have the ability to allow swimmers a make-up class. *If this is an issue for your family, please do not register.* Thank you for your understanding!

### GROUP CLASS SCHEDULE

#### OFFERED SATURDAYS:

11:00am | 11:35am

January 27                      March 16, 23  
February 3, 10, 24          April 6, 13, 20, 27

#### NO SWIM SCHOOL:

February 17 (*Marymount Swim Meet*)  
March 2-9 (*Marymount Spring Break*)  
March 30 (*Easter Weekend*)

### Program Fees

Group Lessons: 10 weeks

Saturday class                  \$400



### ▶ Ages 3 - 5 years

#### Minnows

Beginner (3-5 years)



Child does not need any experience in the pool but must be able to separate from parents and must be 3 years of age by the 1<sup>st</sup> day of class. This class teaches kids how to dog paddle independently, float unaided on their back, put their face comfortably in the water, and climb in and out of the pool unaided.

30-minute lesson/1:3 ratio

SATURDAY 11:00am | 11:35am

#### Guppies

Intermediate (3-5 years)

**Skills needed to enroll:** Child needs to be comfortable putting their face in the water, needs to swim 5 feet independently in a dog paddle, and float unaided on their back. This class will teach basic freestyle techniques, kicking on the child's back unaided and swimming with the child's face in the water.

30-minute lesson/1:4 ratio

SATURDAY 11:00am | 11:35am

### Parents:

Please be sure that your child can perform the minimum skills required for each level prior to signing them up.

If your child is ill, do not bring them to class. If a child vomits or poops in the pool, the pool must be closed and there will be no refunds or make ups to any class as a result. Please make sure they use the bathroom prior to class. Do not feed your children right before class. Also it is strongly advised not to let your children take a nap right before class.

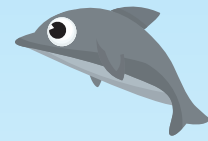
*Please note: we are not able to offer make-up classes in this program.*

*If this is an issue for your family, please do not register. Thank you for your understanding!*

### ▶ Ages 4 - 8 years

#### Turtles

Intermediate (4-7 years)



**Skills needed to enroll:** Swim 10 feet unaided in a basic freestyle stroke, including putting their face in the water, and kicking on their back unaided for 5 feet. This class will teach proper freestyle, introduce rotary breathing techniques and basic backstroke.

30-minute lesson/1:4 ratio

SATURDAY 11:00am | 11:35am

#### Seals

Advanced (4-8 years)

**Skills needed to enroll:** 10 feet of freestyle with basic rotary breathing, 5-10 feet of basic backstroke. This class will improve rotary breathing, teach legal freestyle and backstroke, and strengthen endurance and ability to swim the full length of the pool.

30-minute lesson/1:6 ratio

SATURDAY 11:00am | 11:35am

#### Sea Frogs

Advanced (5-8 years)

**Skills needed to enroll:** Child needs to be able to swim one length of the pool in proper freestyle and backstroke, including rotary breathing. This class improves stroke technique and endurance during freestyle and backstroke and ensures both strokes are legal. Begins to introduce basic breaststroke.

30-minute lesson/1:7 ratio

SATURDAY 11:00am | 11:35am