MARYMOUNT DEVELOPMENTAL WINTER/SPRING 24 SESSION

Saturdays
-10 week session-
30 & 60 minute classes

SCHEDULE:

- **Jan 27**
- **Feb 3, 10, 24**
- **March 16, 23**
- **April 6, 13, 20, 27**

TIMES:

- **11:35am-12:05pm:**
  - **30 min Whales**
- **12:10pm-1:10pm:**
  - **60 min Whales**
  - **Barracudas**
  - **Sting Rays**
  - **Octopus**

COST:

- **30 min: $400**
- **60 min: $500**

NO MAKE UP CLASSES AVAILABLE

NCAP Developmental Descriptions: Winter/Spring 2024 Session

Whales
Beginners: 6 - 10 years old
Class options: 30 min and 60 min *(more advanced stroke technique and higher endurance is required for the hour-long option)*
Description: Must be able to swim 25 yards of freestyle and backstroke, including the ability of rotary breathing.
This class teaches detail technique of freestyle, backstroke, introduces basic breaststroke, and builds endurance.

Barracudas
Intermediate: 6 - 12 years old
Description: Must be able to swim 50 yards of freestyle and backstroke, including ability of rotary breathing and kicking in balance on side and streamline. Teaches longer freestyle swimming, more advanced backstroke, and breaststroke. This class will introduce starts and turns, as well as fly kick.

Sting Rays
Advanced: 7 - 13 years old
Description: Must be able to swim 75 yards of freestyle and backstroke, 25 yards of breaststroke, including ability to do flip turns, and fly kick. This class works on detailed mechanics of breaststroke, butterfly, and starts.

Octopus
Advanced: 7 - 13 years old
Description: Must be able to swim 100 yards of freestyle and backstroke, 50 yards breaststroke, 25 yards of butterfly. This class works on longer breaststroke and backstroke, full stroke butterfly, and endurance swimming. Swimmers must be able to do laps of all 4 strokes, legal flip turns and starts, 100 IM/intervals, read a pace clock, streamline dolphin kicks off the wall.
*Please note this class is for more advanced swimmers that have reached a maturity level to participate in a practice-like environment.