



www.mpswimschool.com 410-433-8300

Adult Swimming @ Meadowbrook Spring, 2015

Programs for New Adult Beginner Swimmers

16 Week Program

New Adults - For non-swimmers who commit to taking the time to be able to swim laps

Beginners - For swimmers who can swim 4 laps and tread water who commit the time needed to be able to swim a mile (or more)

Open Water Training for Beginners (OWTB)

For swimmers who want to learn how to prepare for a first open water event.

Programs for Adult Competitive Swimmers

16 Week Program

Intermediate - For swimmers who are able to swim laps but want to improve strength, endurance and speed – emphasis on Freestyle

Stroke Development

For swimmers who commit to 8 sessions per stroke to learn the competitive nature of each of the four competitive strokes. Each 8 session program is devoted to one of the competitive strokes - butterfly, backstroke, breaststroke and freestyle

Private Lessons for Adults

Adult swimmers benefit from lessons that match their strengths. Our Adult lessons combine knowledge of adult development, physiological changes in adults, and the strategies that work best for adults. Lessons are scheduled for a full hour, and include form assessment and drills, building stamina and strength.

Private lessons are catered to the needs and aspirations of each student.

Watch for group lessons for adults starting next Fall.

Adult Programs March – September, 2015.....COMPLETE THE FORM BELOW TO REGISTER
More information on the back

Name: _____ DOB: _____

Billing Address _____ Zip _____

Email _____ Cell _____

Amount Paid _____ Chk # _____ Cash _____

Credit Card Number _____ Exp _____ Code _____

Check one box:

16 Week Programs ☐ 16 Week New Adult..... ☐ 16 Week Beginner... ☐ 16 Week Intermediate

Open Water Training... ☐ Stroke Development Free..... ☐ Stroke Development Backstroke

☐ Stroke Development Breaststroke.... ☐ Stroke Development Butterfly

At Meadowbrook, Michael Phelps Swim School has a new full service programming for adult swim lessons. We are teaching and training adults who want to learn to swim for life. Be it competition, fun, fitness..open water and in a pool. We have something for everyone.

Contact Jessi Ahart with questions.

jessiknowsgrace@gmail.com

410-433-8300

16 Week Program-

Price \$450 Starting Date: Sat, May 2 OR Sun, May 3 **Time:** 3:30-4:30

New Adults - For non-swimmers who commit to taking the time to able to swim laps

Beginners - For swimmers who can swim 4 laps and tread water who commit the time needed to be able to swim a mile (or more)

Open Water Training for Beginners (OWTB)

Price \$100 Days: Tuesdays 4/14, 4/21, 4,28 **Time:** 12:00-1:00pm

For swimmers who want to learn how to prepare for a first open water event.

16 Week Program

Price \$450 Starting Date: Sat, May 2 OR Sun, May 3 **Time:** 3:30-4:30

Intermediate - For swimmers who are able to swim laps but want to improve strength, endurance and speed – emphasis on Freestyle

Stroke Development

Price: \$250

Dates: Tuesdays and Thursdays, March 3-March 26 (8 sessions) **Time:** 9am or noon

Sat and Sun (2 hrs), May 2- May 10th **Time:** 4:30-6:30pm

For swimmers who commit to 8 sessions per stroke to learn the competitive nature of each of the four competitive strokes. Each 8 session program is devoted to one of the competitive strokes - butterfly (Mar), backstroke (May), breaststroke (July) or freestyle (Sept). Call for four program discount.

Private Lessons for Adults

Adult swimmers benefit from lessons that match their strengths. Our Adult lessons combine knowledge of adult development, physiological changes in adults, and the strategies that work best for adults.

Lessons are scheduled for a full hour, and include form assessment and drills, building stamina and strength. **Private lessons are catered to the needs and aspirations of each student.**

Watch for group lessons for adults starting in the Fall.

How to Register for Classes

1.Email to Jessi Ahart jessiknowsgrace@gmail.com

2.Mail or deliver form to Meadowbrook

5700 Cottonworth Ave 21209

3. Call Meadowbrook to register over the phone

410-433-8300