

Pine Mountain Club Swim Classes

All Start Date: June 3, 2024

Swim Meet: August 3, 2024
830 A.M.-1030 A.M.

1. Guardian and I

- 6 months+
- Requirements: Nonswimmer
- Basic pool safety, songs, games, toys, submersion, fun encouragement, no floaties/PFDs
- Guardian 16+ required to be in the pool
- Monday and Wednesday 11-11:20 am
- \$5/child/class

2. Beginner Class

- 4-12 years old
- Requirements: swim 1 lap unassisted
- Pool safety, fatigue recovery, entry styles, games, toys, introduction to the 4 swim strokes, swim meet
- Guardian 16+ required to be at the pool
- Monday and Wednesday 5-5:30PM
- \$10/child/class OR \$5/child with Guardian/class

3. Condor Swim Team

- 4-17 years old
- Requirements: swim freestyle 2 laps nonstop
- Swim workout, freestyle, backstroke, butterfly, breaststroke, rescue techniques, diving, games, relays, time trials for personal record, swim meet
- Monday and Wednesday 5:40-6:30PM
- \$10/child/class

4. Masters Swim

- 18+
- Structured Swim Set for advanced swimmers wanting a great workout, both sprint and long distance training.
- 8 workouts per month designed for your swim style.
- Free assessment on stroke to gauge ability.
- Lap swim hours advised based on swimmer personal availability
- Inquire for class workouts
- \$20/month OR \$5/swim set

Email Condorswimpmc@gmail.com for more information