

# MIDTOWN ATHLETIC CLUB®

## **SWIMMING LESSONS PROGRAM**

In our efforts to offer a complete, effective and the very best swim program, Midtown Athletic club will continue to teach from the basic skills of swimming to the more advanced swimming techniques always emphasizing safety and fun.

Our five levels of swimming are:

- Low Tide (Beginners)
- High Tide (Intermediate)
- Surfers (Advanced)
- Pre Novice
- Novice Team – Advanced group from 5:00-5:45 pm (up to three times a week)

Upon completion of these five levels of swimming, the program will lead the children into our swim team the “**Midtown Weston Aquatics**”.

Days: Monday through Thursday (two days a week)

Times: 4:00-4:30 pm, 4:30-5:00 pm, 5:00-5:30 pm. **Cost:** Members \$95.00 / Non Members \$130.00

Saturdays: 10:30-11:00 am, 11:00-11:30 am.

***For more information, please contact Raphael Lima, Aquatics Director/ Head Coach, or Ligia Guevara (Leah) Swimming Lessons Coordinator at 954-384-2582 x239 or email [raphael.lima@midtownclubs.com](mailto:raphael.lima@midtownclubs.com)***

# **SWIM TEAM-USA MEMBER**

## **FIRST STAGE:**

- **Sizzler:** For swimmers (8 years old and under) who know all four Olympic Strokes and are ready to compete in USS sanctioned meets. These swimmers are focused 100 % on their technique.
- **Flash:** For swimmers (9 years old and over) who know all four Olympic Strokes and are ready to compete in USS sanctioned meets. These swimmers improve their technique and start to develop endurance.

Days: Monday to Friday - Times: 3:30 p.m. – 4:30 p.m. / **Cost:** Midtown Members \$80.00

## **SECOND STAGE:**

- **Middle:** This is a progression from the previous training group. The goal in this group is to make sure all swimmers know the basic principles of competitive swimming. The workouts are more focused to improve and develop more endurance.
- **Sprint:** In this group, the swimmers are more experienced and are ready to compete and train in a more challenging and competitive atmosphere. Besides endurance, the goal is to develop more speed.

Days: Monday to Friday - Times: 4:30 p.m. – 5:45 p.m. / **Cost:** Midtown Members \$80.00

**THIRD STAGE:** For those swimmers that need more demanding workouts to meet their needs. Dry land training, race strategy, nutrition and mental preparation are part of this team. This stage is composed of three groups.

- **Sub-JO:** For those swimmers that have not achieved a JO qualify time. This group swims six times per week plus dry land training three times per week.
- **JO (Junior Olympic):** All swimmers in this group have at least one JO qualify time. They swim Monday through Saturday plus three dry land training per week.
- **Elite:** This is the highest level of competitive swimming. This group swims up to nine times per week plus dry land training.

Days: Monday to Friday from 5:45 p.m. to 7:30 p.m. / Saturdays: 7:30 a.m. to 9:15 a.m.

Morning practices: Mondays, Wednesdays and Fridays from 5:00 a.m. to 6:15 a.m.

Dry land Training: Mondays to Friday from 4:30 p.m. to 5:30 p.m. (Third Stage only)

**Cost:** Midtown Members \$80.00

***For more information, please contact Raphael Lima, Aquatics Director/ Head Coach at 954-384-2582 x239 or email [raphael.lima@midtownclubs.com](mailto:raphael.lima@midtownclubs.com)***

# MIDTOWN ATHLETIC CLUB®

## ***MASTERS SWIMMING PROGRAM-USMS MEMBER***

Masters swimming is a program for adults who wish to practice the sport of swimming as a fitness activity or for achieving competitive goals. Midtown Athletic Club has developed the best masters swimming program for all levels, from beginners to more advanced swimmers. There are three groups in this program. All three groups are opened only for Midtown members.

- **Group I/ Advanced:** Mondays, Wednesdays and Fridays from 7:00 a.m. to 8:30 a.m.
- **Group II/ Beginner to Intermediate:** Mondays, Wednesdays and Fridays from 8:45 a.m. to 10:00 a.m.
- **Group III/ Mixed:** Tuesdays and Thursdays from 5:30 a.m. to 6:30 a.m.
- **Group IV/ Mixed:** Tuesdays and Thursdays from 12:00 Noon to 1:00 p.m.

**Cost:** Midtown Member \$60.00

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