

# ADULT SWIM TRAINING

This program is designed for adults who would like to become better lap swimmers, prepare for Masters Swim Team, beginning triathletes, or anyone that would like to improve their swimming ability and level of safety in the water.

The ultimate goal of the Michael Phelps Swim School is to develop the whole person, physically and mentally. Swim classes include personal safety, stroke development, conditioning, personal growth, and rescue. We want to insure that each of the participants has an opportunity to become very comfortable and relaxed in the water.

## Adult Pre-Beginner

The introductory level for anyone who is not comfortable submerging or floating.

## Adult Beginner

The next step for anyone comfortable standing chest deep water, submerging completely and floating but not able to swim a length of the pool using front crawl with rotary breathing.

## Adult Advanced Beginner

The third level for anyone who is comfortable in water that is over their head and able to swim a minimum of 50 continuous meters of front crawl with proper rotary breathing.

## Adult Intermediate

The final instructional level. This is for anyone who can swim over 100 meters of front crawl with correct form, as well as able to swim breaststroke and butterfly for 50 meters.



### Session Dates:

- 1 • February 21 - March 27
- 2 • April 3 - May 8
- 3 • June 5 - July 17
- 4 • July 31 - August 28
- 5 • October 9 - November 13



### Classes are held on Tuesdays evenings

- Adult Pre-Beginner 6:00-6:30 pm
- Adult Beginner 6:30-7:00 pm
- Adult Advanced Beginner 7:00-7:30 pm
- Adult Intermediate 7:30-8:00 pm

6-Week Sessions: \$99/Members, \$149 Non-Members  
Ages 18+



## Canton Adult Swim Training

For more information, contact Rob Wise at [wise@merrittclubs.com](mailto:wise@merrittclubs.com) or 410.563.0225.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone # \_\_\_\_\_ E-mail \_\_\_\_\_

How did you first hear about this program?  Flyer  Web site  Facebook  Merritt Staff  E-mail  Friend  Other \_\_\_\_\_

I acknowledge and accept the risks inherent in the use of the Merritt Athletic Clubs' services and facilities, including participation in any birthday party or club rental. The undersigned assumes the sole risk if injury, accident, death, loss, cost or damage to his or her person or property which might arise from the use of Merritt Athletic Clubs' services and facilities. The undersigned further agrees that Merritt Athletic Clubs, its instructors, employees, servants, and agents, shall not be liable to the undersigned for any claims, demands, injuries, damages, actions or causes of action whatsoever to the undersigned's person or property arising out of or in connection with the use of the services and facilities of the Merritt Athletic Clubs, and further including any pre-existing physical condition or impairment.

The undersigned, his or her heirs, personal representatives, executors, representatives and assigns do hereby release and discharge Merritt Athletic Clubs, its instructors, employees, servants, and agents from all claims, demands, injuries, damages, actions or causes of action and from all acts of active or passive negligence on the part of the club, its servants, instructors, agents or employees. The undersigned further agrees to abide by all policies and procedures of Merritt Athletic Clubs and, which policies and procedures may be posted at the facility, issued orally and/or published, and which may be amended from time to time at management's sole discretion.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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