

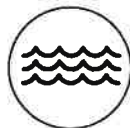
# Tupelo Aquatic Center Swim School

It's never too late to learn to swim! Participants in our program may range from not knowing how to swim to those that want to improve their technique and swim efficiently.

All ages (3 months-adults) and skill levels (beginner-advanced) are taught.



**Bubbles is the beginner level.** Does not know how to swim; is afraid of the water; does not like to put face in water.



**Ripples is the advanced beginner.** Can put face in water; not afraid. Cannot swim. **Ripples II** is the next level to bridge swimmers to Waves.



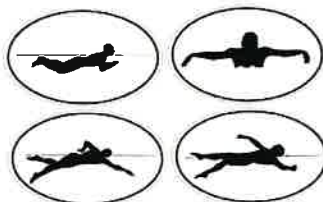
**Waves is the intermediate swimmer.** Is able to swim unassisted 10 to 15 feet underwater or on top of water; can get a breath without assistance. **Waves II** is the next level to bridge the swimmer to the Surfer Level.



**Surfer is the advanced swimmer.** Can swim but needs better technique to be more efficient in the water. *Great way to get ready to be on the Shockwave Age Group or Shockwave Masters Team.*



**Parent and Tot Swim Lessons:** Tots are 3 to 12 months of age. Parents can be actively involved in the water with their child as they are introduced to the aquatic environment. *If the parent is a distraction during the class, the instructor may suggest you participate in the last class.* As a parent you can continually bring your swimmer to the pool during available times to further the child's enjoyment of water.



**Specialty Stroke Class:** Butterfly, Breaststroke, Backstroke and Freestyle technique lessons will be taught along with turns and the Medley transition turns. These will be taught by individuals that excel in their respective stroke.  
**Requirements:** Participant must be able to swim 50 yards freestyle unassisted

**Refresher Course:** Designed for those who need assistance with proper breathing/ stroke technique.



**Triathlon Swimmer's Course:** Designed to enhance the triathlete's technique along with developing efficiency in the water.

**Private Lesson:** A total of 3 hours divided into sessions suggested by the instructor. Cost-\$150.00

**Group lessons:** Four 45-min. sessions (2 to 4 swimmers in a group depending on age). Cost-\$100.00

**Parent and Tot Swim Lessons:** A total of 3 hours divided into sessions suggested by the instructor. Cost-\$150.00

**Specialty Stroke Class:** One 30-min. session (1 instructor per 1 swimmer) Cost-\$25.00 Dates-TBA

**Refresher Course:** One 45-min. session (1 instructor per 1 swimmer) Cost-\$35.00

**Triathlon Swimmer' Course:** Splash Pass Member or a \$5.00 Drop-In Rate per person Dates-TBA