Mount Holyoke College Swimming & Diving Lessons
Competitive Swimmer Stroke & Turn

The Mount Holyoke College Swimming and Diving Team is offering lessons to children (ages 9 months to teenagers). Classes are held in Kendall Sports Complex and are taught by members of the college swimming & diving team.

The session includes 6 classes on either Monday/Wednesday or Tuesday/Thursday. The lessons begin on Monday, March 25, 2019 and will end on Thursday, April 11, 2019. Springboard diving lessons will be held on Mon/Wed from 5:00-5:45.

The cost is $60.00 for people affiliated with Mount Holyoke and $65.00 for others. Stroke and Turn and Diving lessons will be $80. You may sign up for 1 lesson a week (3 lessons total) for $35.

For children under 5 years of age the class will involve a parent being in the water with the child. Babies must wear swimming diapers. The Parent Child Lessons will be:

M/W 4:40 – 5:10 PM - 9 months - 2 years old   5:15 - 5:45 PM 3 - 4 years old

COMPETITIVE SWIMMERS - stroke and turn instruction will be Tuesday and Thursday 4:40-5:10 session.

Questions, email lyons.swimlessons@gmail.com

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NAME______________________________ AGE____________ EMAIL_____________________________
PHONE_____________________________ PARENT NAME ____________________________
ADDRESS_____________________________CITY_________________STATE_________ZIP___________
MOUNT HOLYOKE AFFILIATE?  YES  NO  DEPARTMENT: ___________________________

CIRCLE CLASS TIME:

PARENT/CHILD CLASSES
9 Month - 2 YEAR OLDS M/W 4:40 - 5:10
3 & 4 YEAR OLDS M/W 5:15 - 5:45

CHILDREN SWIMMING (All levels taught during each time slot)

MON/WED 4:40-5:10 PM  MON/WED 5:15-5:45 PM
TUES/THU 4:40–5:10 PM  TUES/THU 5:15–5:45 PM

STROKE & TURN TUES/THU 5:00–5:50 – (Must be on a competitive swim team)

DIVING MON/WED 5:00 - 5:50 PM

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PLEASE RETURN FORM AND CHECK (PAYABLE TO: MOUNT HOLYOKE COLLEGE)
TO: DAVE ALLEN, KENDALL HALL MOUNT HOLYOKE COLLEGE SOUTH HADLEY, MA 01075
BY FRIDAY, MARCH 22, 2019