WE'RE PROUD TO OFFER YOU:

• Professional instructors who are certified **American Red Cross Water Safety Instructors.**
• Learning made fun in a safe environment.
• A balanced program that teaches swimming skills and how to be safe in and around the water.
• An "all inclusive" comprehensive swimming and water safety program for everyone in the family—from infancy to adulthood.

SWIM LEVELS:

For every level of Learn-to-Swim, our instructors follow a plan to introduce new swimming and water safety skills and build on previously learned skills. Each class is loaded with enjoyable, engaging, and challenging activities that motivate children to want to perform and learn to swim.

REGISTRATION

All swim lesson registration is done online. Visit cherrypoint.usmc-mccs.org to sign up. Walk in registration is not available.

GROUP LESSONS

Group lessons are $60 per student per session and includes eight, 30-minute classes. All classes are subject to instructor availability and a minimum enrollment of 6 students per class.

CLASS TIMES/LEVELS

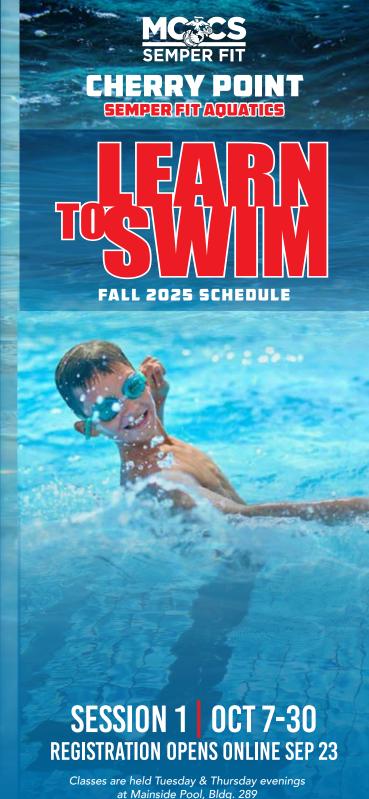5:00-5:30PM: Parent and Child, Preschool, & Level 1

5:45-6:15PM: Level 2 & 3

6:30-7:00PM: Level 4, 5, 6, & Adult

NOTE: Times subject to change as needed based upon enrollment totals for each level.

INDIVIDUAL LESSONS

Individual lessons are $100 per student per session and includes four, 30-minute classes. We can accommodate 2 or 3 participants of like abilities for $30 per additional person. All classes are subject to instructor availability. Check out our website for class offerings and to register.

For more information on Swim Lessons contact the Aquatics Office at 252-466-2510

MCCS SEMPER FIT

CHERRY POINT
SEMPER FIT AQUATICS

LEARN TO SWIM

FALL 2025 SCHEDULE

SESSION 1 | OCT 7-30
REGISTRATION OPENS ONLINE SEP 23

Classes are held Tuesday & Thursday evenings at Mainside Pool, Bldg. 289

ACTIVE DUTY SWIM INSTRUCTION

The purpose of this program is to help active duty personnel develop, improve, and refine basic aquatic skills and swimming strokes. Swim lessons are offered at no cost for active duty personnel. Active Duty should contact the Aquatics office at 252-466-2510 to enroll in our adult swim lesson program.

AMERICAN RED CROSS LEARN-TO-SWIM CLASSES

Parent and Child Aquatics (PAC) With the help of a parent or guardian, our PAC classes are for children ages 6 months through 3 years old.

PAC will help young children become comfortable in and around the water so when the time comes, they are ready to learn how to swim. PAC Aquatics lays the foundation for future aquatic skills. Great experiences and fun activities are provided to teach infants and young children to—
• Feel comfortable in the water.
• Enter and exit the water safely.
• Explore breath control and submerging.
• Explore floating on the front and back.
• Change body position in the water.
• Play safely in the water.
Parents, you also learn—
• How to hold and support your child in the water.
• Valuable water safety information to make your family safer in, on, and around the water.

Preschool Aquatics consists of three levels of progressive swim instruction for children 3 to 5 years old. Preschool Aquatics put the "fun" in fundamentals. Each class is loaded with enjoyable, engaging, and challenging activities that motivate children to want to perform and learn to swim.

Children move through the three levels based on their mastery of the skills required at each level. After successfully demonstrating the completion requirements from each Preschool Level, children advance to an appropriate level depending on their developmental readiness, maturity level and age that will help determine which course is more appropriate next. It is quite common for children to participate in several of the pre-school sessions before they can successfully demonstrate all the skills. That's okay! It is not important how quickly they move through a level, but that they achieve each skill.

Level 1—Introduction to Water Skills, your child is introduced to basic skills as the foundation for future skills. Certain milestones are necessary for successful completion of Level 1, including—
• Entering the water independently using the ladder, steps, or side.
• Traveling at least 5 yards, bobbing 5 times then safely exiting the water.
• Opening eyes underwater and retrieving submerged objects.
• Gliding on front with support at least 2 body lengths.
• Rolling to a back float for 5 seconds with support.
• Recovering to a vertical position with support.
• Combined arm and leg actions on front and back.

Level 2—Fundamental Aquatic Skills builds on skills learned in Level 1. Some of the milestones that are necessary for successful completion of Level 2 include—
• Stepping from the side into chest-deep water.
• Moving into a back float for 15 sec, rolling to front, and then recovering to a vertical position.
• Pushing off and swimming using combined arm and leg actions on front for 5 body lengths, rolling to back, floating for 15 sec, rolling to front and then continue swimming for 5 body lengths.

Level 3—Stroke Development
milestones include—
• Jumping into deep water from the side, recovering to the surface, maintaining position by treading or floating for 1 minute,
• Swimming the front crawl and/or elementary backstroke for 25 yards and then exiting the water.

Level 4—Stroke Improvement
milestones include—
• Swimming the front crawl and elementary backstroke for 25 yards.
• Swimming the breaststroke, butterfly, back crawl, and sidestroke for 15 yards.
• Headfirst entry from a stride position.

Level 5—Stroke Refinement
milestones include—
• Performing a shallow-angle dive into deep water.
• Swimming the front crawl and elementary backstroke for 50 yards.
• Swimming the breaststroke, butterfly, back crawl, and sidestroke for 25 yards.

Level 6
milestones include—
• Swimming 500 yards continuously using any 3 strokes of choice, swimming at least 50 yards of each stroke.
• Demonstrating turns while swimming.
• Treading water, kicking only, 2 minutes
• Performing a feetfirst surface dive, retrieving an object from the bottom, returning to the surface, and then returning to the starting point.

Adult (Ages 15 and up) This class is for those learning the basic swim strokes and safety, or for those that would like to gain proficiency with the six strokes.