

McLeod Center for Health & Fitness Aquatics Program

McLeod Health & Fitness Center offers private, semi-private and group swimming lessons for all ages.

ADULT SWIM PROGRAMS

Masters Swim Club (18 years and Over)

Class minimum 4

This is an advanced adult program offering swimmers a dynamic swim workout, personal stroke analysis and critique by a USA Masters-Certified Swim Coach. Workouts include a wide variety of aerobic, anaerobic and hypoxic workout sets, designed to increase the level of fitness and athletic performance. Workouts are conducted in a team environment. Yet, they are tailored to each swimmer's level of fitness.

Adult Beginner (15 years and Over)

Class minimum 3 / maximum 4

This program is a beginner level class, designed to acclimate students to the water environment and to teach the fundamentals of swimming and water safety. The instructor will focus on each student's confidence in the water as well as entering and exiting the water, front and back floats, arm and leg movement, breath control, treading water and water safety.

PRIVATE/SEMI-PRIVATE PROGRAMS

Private Lessons 1 Student to 1 Instructor / Semi-Private Lessons 2 Students to 1 Instructor
(Two Years to Adult)

This program helps target and reach specific goals set by the instructor or swimmer, according to his or her needs. This program is designed to assist swimmers of all levels and ages. The one-on-one instruction also provides the client with the ease of having the instructor's full attention and knowledge to suit his or her needs. This program aims to create and maintain a safe and fun water experience for all.

YOUTH SWIM PROGRAMS

Aqua Babies (Six months to 36 months)

Class minimum 4 / maximum 10

This program is designed to acclimate the infant / toddler to the water. The classes include songs, games and safety instruction. One parent must be in the water with the child. Swim diaper is required.

Preschool (3 to 4 years)

Class minimum 4 / maximum 6

Objectives include acclimating the child to the water environment without the parent in the water. Students will learn many new skills: blowing bubbles, breath control, entering and exiting the water, jumping in the water and returning with assistance, front and back float with assistance, and basic arm and leg movements.

Level I (5 to 12 years)

Class minimum 4 / maximum 6

This is a beginner level class for students, who cannot swim 5 feet unassisted. The instructor focuses on each student's confidence level, as well as offer basic skill instruction, including entering and exiting the water, front and back floats, arm and leg movement, breath control and water safety.

Level II (5 to 12 years)

Class minimum 4 / maximum 6

This is an intermediate-level class for students, who can swim at least 5 feet unassisted. Objectives are to teach freestyle (front crawl), backstroke (back crawl), breathing techniques, treading water, underwater swimming techniques, object retrieval and basic water safety.

Swim Club

This is an advanced program for swimmers, who can swim at least 25 yards of any stroke unassisted. The program focuses on stroke improvement, endurance and enjoying a noncompetitive atmosphere. Swim Club is broken down into two groups: Jr. Swim Club (ages 4 to 8, who can swim 25 yards) and Swim Club (ages 6 to 14, who can swim 100 yards).

There also exists an advanced program for swimmers, who want to compete in fun and exciting local meets with the Florence Summer Swim League. Practices improve stroke and endurance, while preparing the swimmer to swim competitively. There are several weekday meets, as well as Saturday meets that are broken into age groups, culminating in a Championship meet at the end of the season. Summer Swim Club is broken down into three groups: Jr. Swim Club (ages 4 to 8, who can swim 25 yards), Swim Club I (ages 6 to 14, who can swim 50 yards) and Swim Club II (ages 10 to 18, who can swim 200 yards).

The McLeod Health and Fitness Center Aquatics Staff is certified to instruct all swimming levels. Lessons are available to all ages and levels from the beginner to the advanced swimmer. For more information or to register, call (843) 777-3121.

LIFEGUARD CERTIFICATION

Take one of our Lifeguard Certification Courses to make swimming safer and, possibly, profitable for you. Participant requirements include:

1. Must be at least 15 years old by the start of the class.
2. Complete a 300-yard swim, continuously demonstrating breath control and rhythmic breathing.
3. Tread water for 2 minutes only using legs
4. Complete a timed event within one-minute, 40-seconds:
 - Starting in the water, swim 20 yards.
 - Using a feet-first or head-first surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object.
 - Surface and swim 20 yards on back with both hands holding the object.
 - Exit the water without using a ladder or steps.

For more information or to register, call 777-3121.