Mount Holyoke College Swimming & Diving Lessons
Competitive Swimmer Stroke & Turn, Adult Swim Lessons

The team is offering lessons to children (9 months to teenagers) and adults. The classes will be held at Kendall Hall and will be taught by members of the college swimming and diving team.

It is a 3-week session with classes offered on Monday/Wednesday or Tuesday/Thursday. The lessons begin Monday, March 28th and end on Thursday, April 14, 2016. Two class sessions are available on Mon/Wed and Tues/Thurs for children. Springboard diving lessons will be held on Mon/Wed Beginners from 5:00-5:45 and Advanced from 5:45-6:30. Adult instruction is Mon/Wed from 5:45-6:30. The cost is $60.00 for people affiliated with Mount Holyoke and $65.00 for others. You may do 1 lesson a week (3 lessons total) for $35.

Classes for children under 5 years of age involve an adult being in the water with the child. Babies must wear swimming diapers. The Parent Child Lessons will be 30 minutes long:

- M/W or T/Th 4:15 – 4:45 PM - 9 months - 2 years old
- M/W or T/Th 5:00 - 5:30 PM - 3 - 4 years old

Children’s competitive swimmer stroke and turn instruction will be Tuesday and Thursday 4:15-5:00 session.

Adult instruction (Beginner to Advanced) will be Monday and Wednesday 5:45-6:30.

Questions, Contact Dave Allen at 538-2314 or dmallen@mtholyoke.edu

**SESSIONS MAY HAVE LIMITED ENROLLMENT, PLEASE SIGN UP EARLY**

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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
1 & 2 YEAR OLDS M/W 4:15 - 4:45 T/Th 4:15 - 4:45
3 & 4 YEAR OLDS M/W 5:00 - 5:30 T/Th 5:00 - 5:30

DIVING
MON/WED 5:00 - 5:45 PM - Beginner
MON/WED 5:45 – 6:30 PM – Advanced – Attended a previous session

CHILDREN SWIMMING
MON/WED 4:15-5:00 PM
TUES/THU 4:15–5:00 PM
ADULT SWIMMING
MON/WED 5:45 – 6:30 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 25, 2016