



# ARIZONA SWIMMING ACADEMY

The Mesa Aquatics Club is excited to introduce the Arizona Swimming Academy. ASA will provide the progression of swim skills needed to join the already strong Mesa Aquatics swim Team. The ASA completes the structure for Mesa Aquatics to offer the finest and most comprehensive swimming programs in the Maricopa region.

The statistic that nearly 20 children drown on average EACH YEAR in Maricopa County is 20 too many!

Whether your child is just learning to swim, or would like to refine his or her swimming technique, we have you covered. Please accept our invitation to become part of this fun and successful program. The staff at ASA is among the finest in the region, and will provide a safe, but very fun, swimming environment for your child's comfort and enjoyment as they become proficient swimmers. Quite possibly, a future Olympian will arise from our pool of swim lesson students!

ASA will offer a 7-step swim lesson progression, taking a child with no swimming experience or exposure, and developing the skills needed to join the Mesa Aquatics Pre-Competitive (we like to consider it our "Olympians-in-Training" group!) team. Once they've mastered a few meets, and determined that swimming is their sport of choice, they can join the real studs on the Mesa Aquatics Swim Team.

Our lesson format is designed to offer a high level of convenience for our clients. We offer lessons in the mornings and afternoons, as well as on Saturday morning. Students move up as skills are mastered, rather than passing or failing at the end of a given session. For children under the age of 30 months, please speak directly with an ASA Swimming Professional to learn your best options.

For more information, please contact Tiffany Forbes at [tafswim@comcast.net](mailto:tafswim@comcast.net), or 303-994-5111 or 480-308-5540.

## ASA Programming Options

Spring/Summer 2011

Youth programming begins May 31, 2011

### SwimASA Group Swimming Lessons

ASA offers a progressive Group Swimming Lesson program — a program influenced by professional swim coaches across America that also incorporates foundations of the Red Cross Learn-to-Swim system — that focuses on teaching efficiency in the four competitive swimming strokes. The lesson format is designed to allow swimmers to progress at their own rate.

Young children begin the lesson program at Level 1. In Level 1, swimmers are introduced to water in a comfortable environment where they are taught the basics of air exchange and water comfort. Level 1 swim lessons are offered as a private lesson only. Levels 2 through 7 are taught as Group lessons. Level 7 graduates may enter our Pre-Competitive swim team(MAC Red Group) if the goal is to ultimately compete for a swim team. For a complete explanation of each Level, please see our website ([www.mesaaquatics.org](http://www.mesaaquatics.org)), or contact Tiffany Forbes.

All Group lessons are taught at the Franklin Elementary School pool (water temp about 84 degrees) by Tiffany Forbes and her staff. Group lessons run for 30-minutes, and are offered Tuesday through Thursday mornings, and Wednesday afternoons beginning May 31. Private lessons can be set up separately with Tiffany, or any of our other fine instructors, as early as May 2.

### A quick review of the Levels for the SwimASA Group Swimming Lessons →

Level 1	Water Comfort and Air Exchange (Private Lesson)
Level 2	Floating L3 Kicking & Jumping
Level 4	Basic Freestyle L5 Adv. Freestyle
Level 6	Backstroke L7 Fly/Breast & Diving

### Pre-Competitive Swim Team: MAC Red Group

The goal of this introductory swim team is to teach technical perfection in stroke execution. We primarily work to improve the swimmer's ability to execute the strokes as efficiently as possible. We address the four competitive strokes swum in USA-Swimming. Any swimmer who is beyond Level 7 in the SwimASA group lessons (or in a Swim America program) is eligible to participate in these clinics.

Practice sessions will include stroke technique refinement; work to master the execution of flip turns; proper diving from the blocks for racing; streamlining off walls; learning how to "read" the pace clock and use it for interval training; and, we will take on some low-key swim meets to introduce racing and race strategy to our swimmers. Meets are at the coach's invitation only.

## Program Schedules

### GROUP SWIMMING LESSONS →

Tues, Wed and Thursday mornings

9:00am Levels 2, 3 and 4 are offered  
 9:30am Levels 3, 4 and 5/6 are offered  
 10:00am Levels 2, 3 and 7 are offered  
 10:30am Levels 2, 3 and 5/6 are offered

Wed evenings

3:30pm Levels 3, 4 and 5/6 are offered  
 4:00pm Levels 2, 3 and 4 are offered  
 4:30pm Levels 2, 5/6, and 7 are offered

### Pre-Competitive Swim Team: MAC Red Group -- >

Practices are 45 minutes and are offered four times per week. Practices are held at the Skyline pool, off of Crismon Road, on Mon, Tues, Thurs and Fridays beginning May 31; and at the Kino Aquatic Center off of Horne Mon-Thursdays. Visit [www.mesaaquatics.org](http://www.mesaaquatics.org) for Red Group monthly pricing and practice schedule specifics. All members must also register with USA-Swimming as members of the Red Group.

### Adult Swimming Lessons → to begin May 2, 2011.

We offer private lessons to adults, as well as small group classes to meet the needs of our clients. Private lessons can be arranged with an instructor of choice, at a time that works for both parties.

Three levels of group classes are available →

- Level 1** For those with some fear, and no experience. Limit of 3 students/class. Classes are Mon and/or Wed, at Franklin, 11:30am – 12:00pm.
- Level 2** For those who won't drown, but lack any true freestyle, or crawl, form. Limited to 5 students. Classes are Mon and/or Wed, 12:15-1:00pm at Franklin Elementary.
- Level 3** For those who know the basics of freestyle (the crawl), who desire to learn more about the other strokes, and how to swim in a group setting, with the goal of joining a masters swim program. Limit of 8 per class. Classes are Tues and/or Thurs evenings, 7-8pm at Skyline High School.



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## Spring/Summer 2011 REGISTRATION FORM

Swimmer1: \_\_\_\_\_ Age: \_\_\_\_\_

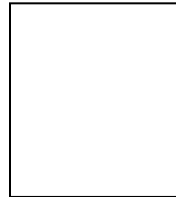
Swimmer2: \_\_\_\_\_ Age: \_\_\_\_\_

Parent(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_



### YOUTH Group Swim Lessons Begin May 31, 2011

<b>Session I</b>	May 31 to June 16	[ ]
<b>Session II</b>	June 21 to July 7	[ ]
<b>Session III</b>	July 12 to the 28 <sup>th</sup>	[ ]

<b>Days/Times</b>	Mon	Tues	Wed
9:00	9:30	10:00	10:30 AM
3:30	4:00	4:30PM	

### Pricing

#### **YOUTH Programming**

Swimming once per week	\$45 per session per student
Swimming twice per week	\$75 per session per student
Swimming 3x per week	\$100 per session per student

**PRIVATE & Semi-Priv** Call the Tiffany to coordinate

#### **ADULT Programming**

Level 1	1x/wk= \$60/mo;	2x/wk=\$100/mo
Level 2	1x/wk=\$75/mo;	2x/wk=\$135/mo
Level 3	1x/wk=\$85/mo;	2x/wk=\$150/mo

### **Adult Programming –Begins May 2, 2011**

May 2 through the 26th 4 wks [ ]

**(Privates, Semi-privates, Adult programming only in May)**

June 6 through the 30th 4 wks [ ]

July 5<sup>th</sup> through the 28<sup>th</sup> 4 wks [ ]

Arizona Swimming Academy  
 P.O. Box 50674  
 Mesa, AZ 85208



# ARIZONA SWIMMING ACADEMY

## Where Maricopa County Swims

**Tiffany Forbes, Director**

- Private swimming lessons for all ages
- Group swimming lessons – Youth & Adult
- Pre-Competitive Swim Team: MAC Red Group
- Underwater video analysis available
- Infant and Toddler programming coming soon

[www.mesaaquatics.org](http://www.mesaaquatics.org)