



## Fall 2025 Swim Lessons

### Class Types

- **Parent/Tot Lessons (6 months – 3 years old):** Designed for our youngest swimmers, this engaging experience introduces little ones to the water through songs, games, and guided movements that promote comfort and safety. For consistency, the same adult is encouraged to attend each session. **An adult is required to be in the water with each participant.**
- **Preschool Lessons (3-5 years old):** Introduce young swimmers to a world of aquatic adventure where comfort and confidence grow with every splash. Participants should be ready to take part without a parent or guardian in the water. **No prerequisites required.**
- **Youth Lessons (6-13 years old)**
  - **Beginner:** **No prerequisites.**
  - **Intermediate:** **Prerequisites - Ability to jump into deep water, tread water for 15 seconds, and swim freestyle for half the length of the pool.**
  - **Advanced:** **Prerequisites – Ability to tread water for 30 seconds and swim 25 yards of freestyle.**
- **Stroke School (6-13 years old):** NOT A LEARN-TO-SWIM CLASS. This program will continue to develop and refine already established swim strokes with a focus on fitness swimming, endurance, stroke efficiency, breath control and starts/turns. First-time Stroke School participants are encouraged to complete an evaluation to determine the best fit based on speed, technique, and prerequisite completion.
  - **SS Bronze:** **Prerequisites-25 yards of backstroke and freestyle in deep water.**
  - **SS Silver:** **Prerequisites-50 yards freestyle, 25 yards backstroke and breaststroke, rhythmic breathing.**
  - **SS Gold:** **Prerequisites-100 yards freestyle, 50 yards backstroke and breaststroke.**
- **Adult Lessons (13+ years old):**
  - **Adult Beginner:** **No prerequisites required.** For adults with little to no experience in the water. Class will be held in our 3'6" depth program pool.
  - **Adult Intermediate:** **For teens and adults who are comfortable in the water and able to swim 10 feet front crawl.** Class will be held in our 3'6" depth program pool.
  - **Adult Advanced/Stroke Refinement:** **For teens and adults who are comfortable swimming at least 25 yards (one lap) of both freestyle and back stroke.** The instructor will teach from the pool deck. Must be comfortable in deep water. Class held in our 3.5' – 8' deep lap pool.

### A Note About Level Placement and Refunds

When completing online registration, you will notice the words "MUST READ: IMPORTANT INFO ABOUT LEVEL PLACEMENTS AND REFUNDS" in bold text next to a signature box. The prerequisites are attached to that waiver for your review. **If you proceed with registration for a class, and we find that the participant does not meet the prerequisites outlined, you will not be eligible for a refund.** Please reach out to our [Senior Aquatics Coordinator, Emily](#) at [ehamrick@morrisvillenc.gov](mailto:ehamrick@morrisvillenc.gov). We appreciate your diligence. No classes will be made up due to weather or other inexorable circumstances. Lesson schedules are subject to change as instructor availability and demand for lessons evolve.

### How To Register

- Visit <https://anc.apm.activecommunities.com/mprplaymorr/home> and click "Sign In".
- If you have an account already, log in.
  - For members without an account, use the email associated with your membership and click "forgot password." Follow the steps to create your account.
  - For non-members, create an account as normal. \*This may take 24 hours to be verified.
- Select "Activities" from the top navigation bar, then choose "Aquatics" from the drop-down list.
- Add desired swim lesson option to cart and **READ/SIGN THE PREREQUISITE WAIVER** before checking out. Please note that if you sign this waiver certifying that the participant meets the prerequisites, and we find that this is not the case, you will
- not be eligible for a refund. Thus, please read and review the waiver carefully before signing.



**Fees** Morrisville Residents (R) - \$85; Non-resident (NR) - \$119 | Stroke School (R) - \$142; (NR) \$199

\*All card transactions require a 3% processing fee.

**Sessions & Registration Dates**

Sessions	Session Dates	Registration Dates
October	<b>Mon. Dates:</b> Sept 22 – Oct 20 <b>Wed. Dates:</b> Sept 24 – Oct 22 <b>Stroke School Dates:</b> Sept 23 – Oct 23	9/2(R), 9/4(NR)
November	<b>Mon. Dates:</b> Nov 3 – Dec 8 <b>Wed. Dates:</b> Nov 5 – Dec 10 <b>Stroke School Dates:</b> Nov 4 – Dec 16 <b>No class:</b> Nov 11 and Nov 24 - 27	10/14 (R), 10/16 (NR)
January	<b>Mon. Dates:</b> Jan 5 – Feb 9 <b>Wed. Dates:</b> Jan 7 – Feb 4 <b>Stroke School Dates:</b> Jan 6 – Feb 5 <b>No class:</b> January 19	12/9(R), 12/11 (NR)

Class	Class Times & Days	Class	Class Times & Days
<b>Parent/Tot (Age 6mo – 3 years)</b>	Wed 11:45 a.m. - 12:20 p.m.	<b>Stroke School Bronze</b>	5:45-6:35 p.m. Tues/Thurs
<b>Preschool (Ages 3 – 6)</b>	Mon 4:30-5:05 p.m. Mon 7:10 – 7:45 p.m. <b>OR</b> Wed 4:30-5:05 p.m. Wed 7:10 – 7:45 p.m.	<b>Stroke School Silver</b>	6:40-7:30 p.m. Tues/Thurs
<b>Youth Beginner</b>	Mon 5:10 – 5:45 p.m. <b>OR</b> Wed 5:10 – 5:45 p.m.	<b>Stroke School Gold</b>	7:35 – 8:25 p.m. Tues/Thurs
<b>Youth Beginner and Intermediate</b>	Mon 6:30 – 7:05 p.m. <b>OR</b> Wed 6:30 – 7:05 p.m.	<b>Adult Beginner</b>	7:50 – 8:25 p.m. Mon
<b>Youth Intermediate and Advanced</b>	Mon 5:50 – 6:25 p.m. <b>OR</b> Wed 5:50 – 6:25 p.m.	<b>Adult Intermediate</b>	7:50 – 8:25 p.m. Wed
		<b>Adult Advanced/Stroke Refinement</b>	12:30 – 1:10 p.m. Wed