

1. If I am a swimmer who already knows basic strokes but wants to become a more efficient swimmer and develop speed and distance, would this class be appropriate for me? **Yes this is the class for you. Many swimmers who are triathletes or wanting more technique have done this class. The instructor will give drills or workouts to individuals with these kinds of needs.**
2. If I do not know how to swim and am apprehensive about water, is this class appropriate for me? **Yes this class is appropriate for adults not having any swimming skills. If the fear level is quite high, the recommendation would be to do some private swimming lessons until you are comfortable in the water.**
3. Will I be in a mixed level class and how will my individual needs be met by the swim instructor? **This could be a mixed level class, and for the most part, will be a mixed level. There is no way before the class begins to determine how mixed the class will be. The instructor will strive to work with all members of the class at their level. The upper level individuals will get more drills and workouts, focusing on the techniques of each stroke. The lower levels might get more basic instructions and work.**
4. In what circumstances would a private swim instructor be more appropriate than the adult class? Where can I go to sign up for private instruction? **Private instruction is best appropriate when the individual has fear or apprehension with the water in general. It is also appropriate if you are wanting exclusive attention from an instructor. The adult class will have up to 6 people in it. You sign up for private instruction by talking to Suzanne, the Aquatics Manager. She will take your information (name, phone, availability) and find you an instructor. This instructor will call you and will set up the schedule with you based on your schedules. Payment is due before the first lesson and must be paid in person at the Registration Office at the Legacy Center. The cost is \$20 a lesson which lasts for 30 minutes.**