

Aquatics Manager & Michael Phelps Swim School Director

Cara Hudson has been involved with learn to swim programs and water safety for over 13 years. She is the aquatics manager and swim school director for the past three years at Merritt Athletic Clubs. Her background includes competitively swimming through high school, swim team coaching, and managing supervisor for Arlington Echo Outdoor Education Center aquatics facility for 5 summers. She earned her B.S degree in Recreation and Parks Management from Frostburg State University. Cara has experience working with different disabilities and adapting those individuals to the swimming world.

MICHAEL PHELPS Swim SCHOOL



The ultimate goal of the Michael Phelps Swim School is to develop the whole person, physically and mentally. Swim classes include personal safety, stroke development, water sports and games, personal growth, and rescue.

We want to ensure that each participant has an opportunity to become very comfortable and relaxed in the water.

TOWSON





CLASS CHOICES

GET WET

Parent and child-very individualized instruction. Ages 6 months-3 years

PRE-BEGINNER

Introduction to basic water skills. Ages 3-6 years

BEGINNER

Participants must be comfortable in the water and be able to completely submerge without hesitation. Ages 3-7 years

ADVANCED BEGINNER

Can swim unaided and are able to demonstrate rotary breathing. Comfortable in deep water. Ages 5-10 years

INTERMEDIATE

Can swim at least 25 yards unaided. Able to demonstrate good rotary breathing with freestyle. Able to demonstrate a competent backstroke. Ages 7-12 years

	Monday	Tuesday	Wednesday	Thursday	Saturday
Get Wet	10:00 AM			5:05 PM	10:10 AM 10:45 AM
Pre-Beginner	11:00 AM 4:25 PM 5:35 PM	6:05 PM	4:25 PM 5:35 PM	6:05 PM 6:40 PM	9:00 AM 9:35 AM 10:10 AM 11:20 AM
Beginner	10:30 AM 5:00 PM 6:10 PM	6:40 PM	5:00 PM 6:10 PM	6:05 PM 6:40 PM	9:00 AM 9:35 AM 10:45 AM
Advance Beginner	6:45 PM	4:55 PM	6:45 PM	4:55 PM	10:10 AM 10:45 AM
Intermediate		5:30 PM	7:20 PM	5:30 PM	9:00 AM 9:35 AM

SESSION DATES

Winter Session 1

Mondays
January 4th – February 8th
Tuesdays
January 5th – February 9th
Wednesdays
January 6th – February 10th
Thursdays
January 7th – February 11th
Saturdays
January 9th – February 13th
Make up week (February 15th-20th)

Winter Session 2

Monday
February 22nd – March 28th
Tuesday
February 23rd – March 29th
Wednesday
February 24th – March 30th
Thursday
February 25th – March 31st
Saturday
February 27th – April 2nd
Make up week (April 4th – 9th)

Spring Session

Mondays
April 11th – May 16th
Tuesdays
April 12th – May 17th
Wednesdays
April 13th – May 18th
Thursdays
April 14th – May 19th
Saturdays
April 15th – May 21st
Make up week (May 23rd – 28th)

Summer Session 1

Mondays
June 6th – July 11th
Tuesdays
May 31st – July 5th
Wednesdays
June 1st – July 6th
Thursdays
June 2nd – July 7th
Saturdays
June 4th – July 9th
Make Up Week (July 11th-July 16th)
(*No class Monday July 4th; we will make up on make up week. Monday classes will be 5 weeks instead of 6 weeks, this will be a prorated price)

Summer Session 2

Mondays
July 18th – August 22nd
Tuesdays
July 19th – August 23rd
Wednesdays
July 20th – August 24th
Thursdays
July 21st – August 25th
Saturdays
July 23rd – August 27th
Make up week (August 29th – September 3rd)

Fall Session 1

Mondays
September 5th – October 10th
Tuesdays
September 6th – October 11th
Wednesdays
September 7th – October 12th
Thursdays
September 8th – October 13th
Saturdays
September 10th – October 15th
Make up week (October 17th – 22nd)

Fall Session 2

Mondays
October 24th – November 28th
Tuesdays
October 25th – November 29th
Wednesdays
October 26th – November 30th
Thursdays
October 27th – December 1st
Saturdays
October 29th – December 3rd
Make up week (December 5th – 10th)
(*No class Thursday November 24th; we will make up on make up week)

Spaces are limited to six participants per class, so sign up in advance!

\$76/members for 6 lessons
\$99/non-members for 6 lessons

No make-ups for missed classes. If Merritt needs to cancel a lesson, a special make-up class will be offered (Usually on the week break in between sessions).

For more information contact Cara Hudson at chudson@merrittclubs.com or 410.821.0160