

Learn-to-Swim Program







Welcome & Overview

Welcome! The Traverse Mountain Master Association is proud to offer swim lessons this summer! The TMMA Learn-to-Swim Program teaches children how to be safe in, on, and around the water. Each session includes nine lessons. Levels 1-4, level 5, and level 6. View pricing on the registration page. The program offers small class sizes in multiple levels for ages 3 and up. As participants progress through the levels and develop skills, they become safer and better swimmers. The lessons are designed to give a positive learning experience by certified, well trained swim instructors.

Which level should I put my child in?







Sign up for...

If your child is age 3-5...

	Pre Level 1 Intro, trust, comfort	Can't swim, is timid around water or will not get face wet
	Pre Level 2 Fundamental aquatic skills	Can't swim but loves the water, will put face in water, & jump in to someone without hesitation
	Pre Level 3 Forward movement	Loves the water, is not afraid of the deep end, can float on front and back, and can use some sort of forward motion to swim 5ft on own
	Pre Level 4 Coordination of movement	Is not afraid of the water, can jump in and return to the surface independently, & can swim with arm pulls (freestyle)

Sign up for...

If your child is age 6+...

	Level 1 Intro, trust, comfort	Can't swim, is timid around water or will not get face wet
	Level 2 Fundamental aquatic skills	Can't swim but loves the water, will put face in water, & jump in to someone without hesitation
	Level 3 Forward movement	Loves the water, is not afraid of the deep end, can float on front and back, & can use some sort of forward motion to swim 5ft on own
	Level 4 Coordination of movement	Is not afraid of the water, can jump in and return to the surface independently, & can swim with arm pulls (freestyle)
	Level 5 Stroke development	Can swim under water, tread water, retrieve object in deep water, swim on back with arm pulls (backstroke), & swim 5 yards on own with taking a breath in the middle
	Level 6 Stroke refinement	Can swim using side breathing pattern at least 15 yards, can tread water for 30 seconds, can swim on back for 15 yards, & can swim underwater for 5 yards

How to register:

Visit tmma.org > [login](#) > [Clubhouse & Pool](#) > [swim lessons](#)

Click on the links to register. You will need to login twice as there are two separate programs, one used for tmma and one used for "activityreg". If you have never used "activityreg" with us before, you will need to create an account.

How can you help?

- Always maintain constant supervision of your child.
- Apply sunscreen at least 15 minutes prior.
- Encourage your child to use the bathroom before swim lessons.
- Bring a light snack & drink for your child. Kids are often hungry after a lesson.
- Talk about what your child has learned in the lesson and develop safe practices.
- Because children learn at different rates it is common to repeat a level.
- Take your child to public or family swims to increase his or her comfort level & confidence in the water.
- Encourage your child to practice learned skills during free time.
- Offer praise & encouragement for each lesson.

