

Meads Pool

Mailing Address: 1004 Macey Jo Ct. Elizabeth City, NC 27909
 Location Address: 104 Meads Pool Rd. Elizabeth City, NC 27909

2017 SWIMMING LESSON SCHEDULE - Phone: 338-5151

Sign-up and pay online at meadspool.com

Have questions? email us at info@swimmingpooloperator.com Ages are in parentheses ()

June 12 - June 22

A.M. 9:45-10:30 Level 3 10:30-11:15 Level 2 (6&7) 11:15-12:00 Level 2 (8&up)	A.M. 9:30-10:15 Level 2 (6&7) 10:15-10:45 Level 1 (3-5) 10:45-11:15 Level 2 (4-5) 11:15-12:00 Level 4&5	A.M. 9:30 - 12:00 Private & Semi-Private Lessons Available	
P.M. 5:45-6:15 Level 1 (3-5) 6:15-7:00 Level 2 (6-7) 7:00-7:30 Level 1 (3-5)	P.M. 5:30-6:15 Level 3 6:15-6:45 Level 2 (4&5) 6:45-7:30 Level 4&5	P.M. 5:30-6:15 Level 2 (8&up) 6:15-6:45 Level 1&2 (6mo.-3yr.) 6:45-7:30 Level 2 (6-7)	P.M. 5:30 - 7:30 Private & Semi-Private Lessons Available

June 26 – July 7 (no class July 4th)

A.M. 9:30-10:15 Level 2 (8&up) 10:15-11:00 Level 3 11:00-11:45 Level 2(8&up)	A.M. 9:30 - 10:00 Level 2 (4-5) 10:00 - 10:30 Level 1 (3-5) 10:30 - 11:15 Level 2 (6-7) 11:15 - 12:00 Level 4&5	A.M. 9:30 - 12:00 Private & Semi-Private Lessons Available	
P.M. 5:30 - 6:15 Level 3 6:15 – 7:00 Level 2 (6-7) 7:00 - 7:45 Level 3	P.M. 5:30 - 6:15 Level 2 (6-7) 6:15 - 6:45 Level 1&2 (6mo.-3yr.) 6:45 - 7:30 Level 2 (8&up)	P.M. 5:30 - 6:00 Level 1 (3-5) 6:00 - 6:30 Level 2 (4-5) 6:30 - 7:00 Level 2 (4-5) 7:00 - 7:45 Level 4&5	P.M. 5:30 - 7:30 Private & Semi-Private Lessons Available

July 10 – July 20

A.M. 9:30-10:15 Level 2 (6&7) 10:15-10:45 Level 2 (4-5) 10:45-11:15 Level 1 (3-5) 11:15-12:00 Level 3	A.M. 9:45 - 10:15 Level 1 (3-5) 10:15 - 11:00 Level 3 11:00 - 11:45 Level 2 (8&up)	A.M. 9:30-10:15 Level 5&6 10:15-11:00 Level 4 11:00-11:45 Level 2 (6&7)	A.M. 9:30 - 12:00 Private & Semi-Private Lessons Available
P.M. 5:30 - 6:00 Level 2 (4-5) 6:00 - 6:45 Level 2 (6&7) 6:45 - 7:30 Level 4	P.M. 5:30 - 6:15 Level 5 & 6 6:15 - 6:45 Level 1 (3-5) 6:45 - 7:30 Level 2 (8&up)	P.M. 5:30 - 6:15 Level 2 (8&up) 6:15 - 6:45 Level 1&2 (6mo.-3yr.) 6:45 - 7:30 Level 3	P.M. 5:30 - 7:30 Private & Semi-Private Lessons Available

July 24 – Aug. 3

A.M. 9:30-10:15 Level 3 10:15-10:45 Level 1 (3-5) 10:45-11:30 Level 5&6 11:30-12:15 Level 4	A.M. 9:30 - 10:00 Level 2 (4-5) 10:00 – 10:45 Level 2 (8&up) 10:45 - 11:30 Level 2 (6&7) 11:30 – 12:00 Level 1&2 (6mo.-3yr.)	A.M. 9:30-10:15 Level 2 (6&7) 10:15-11:00 Level 3	A.M. 9:30 - 12:00 Private & Semi-Private Lessons Available
P.M. 5:30-6:15 Level 3 6:15-6:45 Level 2 (4-5) 6:45-7:30 Level 2 (6&7)	P.M. 5:30 - 6:15 Level 4 6:15 - 7:00 Level 5&6 7:00 - 7:45 Level 2 (8&up)	P.M. 5:30 - 6:00 Level 1 (3-5) 6:00 - 6:45 Level 2 (6&7) 6:45 - 7:15 Level 1&2 (6mo.-3yr.) 7:15 - 7:45 Level 1 (3-5)	P.M. 5:30 - 7:30 Private & Semi-Private Lessons Available

FAQ's: My child had swimming lessons in Kindergarten why do I need more lessons for my child? One set of swimming lessons is not generally enough for a child to be able to swim a distance of 10 feet on their front and 10 feet on their back without the need of floatation devices or assistance from others. We strongly believe that all children should have the opportunity to reach this minimal goal. If your child has had lessons in the past but cannot swim 10 feet on their front and back unassisted, we encourage you to sign your child up today for Red Cross Swimming Lessons at Meads Pool. We offer all 6 levels of the American Red Cross Learn to Swim Program and look forward to helping your child become a lifelong swimmer today.

What are the advantages of taking lessons at Meads Pool? Meads Pool has water depths from 12 inches to 12 feet deep. Children are able to learn to swim in water where they can comfortably touch bottom and do not have to spend large amounts of time sitting on the wall waiting for their turn, relying on floatation devices throughout the lessons, or barely touching the bottom. Our instructors are Red Cross certified and are led by Carl Ralph who personally oversaw the instruction of over 7,500 students during the 80's, 90's, early 2000's, and again in 2011 - 2016 while at Meads Pool.

Why are lessons at Meads Pool Mon. through Thur. for 2 weeks instead of spread out over the entire month? Children need repetitive practice in order to obtain a skill. When 8 lessons are spread over an entire month it gives children too much time to forget what they learned from class to class. With the lessons Monday through Thursday two weeks in a row, like they are at Meads Pool, children can easily remember what they did the day before and pick right back up were they left off. Also, teachers are better able to meet the needs of their students because they do not have to wait 2 to 5 days before seeing the child again.

*Private and Semi-Private
Lessons Now Available*

PLAY IT COOL Meads Pool

*Private and Semi-Private
Lessons Now Available*

104 Meads Pool Rd. - Elizabeth City, NC

MAILING ADDRESS: 1004 MACEY JO CT. ELIZABETH CITY, NC 27909

Located on Main Street Extended (just beyond Hickory Acres in Elizabeth City)

Regular Daily Admission Available 12:00 noon to 7:00pm

Call for rates on Birthday Parties and Group Discounts

Season Passes: \$65 per family member at the same address

\$45 for each family member after the 4th family member at the same address

Passes on sale through May 15th at meadspool.com - Only \$49 per person

Group Swimming Lessons Discounted to \$50 if registered and paid by May 31st.

OPEN JUNE 10 - AUGUST 27

American Red Cross Swimming Lessons (schedule on back)

Learn To Swim Program Group Lesson Cost: \$60 for 2 weeks



Our six-level Learn-to-Swim program is unlike anything offered by other learn to swim programs. The program is designed for children 6 years and over all the way up to adults. Students progress through the levels at their own pace, mastering the skills in one level before advancing to the next. Each level of Learn-to-Swim includes training in basic water safety and helping others in an emergency, in addition to stroke development.

- Level 1: Introduction to Water Skills
- Level 2: Fundamental Aquatic Skills
- Level 3: Stroke Development
- Level 4: Stroke Improvement
- Level 5: Stroke Refinement
- Level 6: Swimming and Skill Proficiency

Preschool Aquatics Group Lesson Cost: \$60 for 2 weeks



Level 1 helps children become comfortable in the water and basic water safety. Level 2 builds on Level 1 and introduces fundamental skills, such as kicking and builds on Level 1. Level 3 focuses on coordinating arm and leg movements and improving upon skills learned in Levels 1 and 2. Children ages 4 and 5 learn water safety, survival skills and foundational swimming concepts in a safe and fun environment. Skills are age-appropriate, allowing students to achieve success on a regular basis.

Parent and Child Aquatics Group Lesson Cost: \$55 for 2 weeks



Developed for children 6 months to 3 years, Parent and Child Aquatics helps young children get ready to swim by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.

In Level 1, children learn basic skills with their parents and instructor through fun activities, such as blowing bubbles and playing with water toys. In Level 2 parents work with their children to practice floating, kicking and swimming back to the side of the pool.

To Sign Up for Lessons, Season Passes, or for Further Information:

Call 338-5151 or visit meadspool.com