

MIT Recreation

Adult Instructional Swim Program

FALL 2026 | Q1 | SEPTEMBER 12TH-OCTOBER 19TH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CLASS MEETS	9/14-10/19	9/15-10/13	9/16-10/14	9/17-10/14	9/18-10/16	9/12-10/17	
SKIP DAY(S)	12-Oct						
LEVEL 1: INTRO TO SWIM						1:30PM@Z	
LEVEL 2: BEGINNING SWIM	5:00PM @ ALUMNI	5:30PM@Z	5:30PM@Z				
LEVEL 2: BETTER THAN BEGINNER GETTING SWIM FIT						4:00PM@Z	
LEVEL 2: BETTER THAN BEGINNER WATER CONFIDENCE						2:30PM@Z	
LEVEL 3: DEEP WATER CONFIDENCE			6:00PM@ ALUMNI				
LEVEL 3:BUILDING FITNESS							
LEVEL 3: INTERMEDIATE SWIM		6:30PM@Z	6:30PM@Z				
LEVEL 4: EFFICIENT FREESTYLE				5:30PM@Z			
LEVEL 4: STROKE TECHNIQUE	5:30PM@Z					5:00PM@Z	
LEVEL 5: ENDURANCE SWIMMING	6:30PM@Z			6:30PM@Z			
LEVEL 5:DISTANCE/ TURNS HYBRID					5:30PM@ Z		
LEVEL 5: SHORT AXIS TECH HYBRID					6:30PM@ Z		
LEVEL 5: 5UNRISE SWIM				7:00AM@ ALUMNI			
LEVEL 5: SUNSET SWIM		5:30PM @ ALUMNI					
LEVEL 6: PRE-MASTERS WORKOUT	6:00PM @ ALUMNI						

Schedule & Prices subject to change without notice. Visit www.mitrecsports.com

Member	5 CLASSES	\$92
Non-Member	5 CLASSES	\$150