

SWIMMING LESSONS

GROUP LESSONS

Group Lessons have a maximum of six students for each instructor. Each session of lessons meet for eight 30 minute lessons.

For specific dates and times, please check out our website.

Fee \$65 per participant



PRIVATE AND SEMI-PRIVATE

Private lessons or Semi-Private Lessons can be enrolled in during registration. Lessons are priced per student for four, or eight lessons. It is recommended that participants in semi-private lessons are of similar skill level so the instructor can tailor to the participants skills. Private lessons are scheduled by arrangement.

Fee 1:1, \$30 per 30 minute lesson (4 lessons)
Fee 1:1, \$25 per 30 minute lesson (8 lessons)
Fee 1:2, \$25 per 30 minute lesson (4 lessons)
Fee 1:2, \$20 per 30 minute lesson (8 lessons)

LIFEGUARD TRAINING



Ensure your aquatics staff is well-prepared to handle aquatic emergencies by having up-to-date training from the American Red Cross Lifeguard Program. The staff at Comet Aquatics has over 20 years in training lifeguards and provides American Red Cross Lifeguard Training Classes for the greater Red River Valley community. Max Participants 12/class.

Fee \$165 per participant (MSU Campus location)

Dates and Times vary, contact Comet Aquatics for available classes.

Swimming & Water Safety Instructor Training

Our instructional staff has over 30 years experience teaching swimming, diving, and water safety to individuals of all ages. In our swimming instructor classes, we provide in-depth training on the skills, drills and techniques used to teach swimming and water safety to all ages. Max Participants 12/class.

Fee \$175 per participant (MSU Campus location)

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WATER AEROBICS

Water aerobics or aqua aerobics is a great combination of fun and exercise. The exercise involves various body movements in a rhythmic style. Our classes lasts for 60 minutes providing an ideal environment for individuals of all ages. Our program is designed for individuals of all ages and abilities. Participants progress at a comfortable pace and gradually increase from basic steps to higher level intensity exercises. When it comes to improving cardiovascular health, balance and muscle endurance, water aerobics is a safer alternative to standard aerobics.

Water Aerobics classes are included in your Wellness Center membership.

Daily fee is \$5 per participant/class

Spring Class Schedule

Mondays and Wednesdays 4:00– 5:00 pm

Tuesdays and Thursdays 10:30-11:30 am



CAMPUS CENTER

The Mayville State Campus Center is home to the Comet Aquatic Center. The Aquatic Center provides, students, faculty, staff and the greater May-Port Community opportunities for aquatic recreation, training and aquatic exercise.



Use of the Aquatic Center is included in your MSU Wellness Center Membership. Members can use the pool for lap swimming, recreational swim and water aerobics.

The Wellness Center also offers classes in Yoga, Dance and Fitness Activities. See Wellness Center Calendar for classes and schedules.

Wellness Center Membership Fees

Individual -\$250 annually

Family-\$350 annually

Corporate- \$600 for 4 members/annually

Guest- \$5 daily fee

SWIMMING POOL HOURS

Lap Swimming

Monday-Friday 6:30 am-8:30 am

Mondays and Wednesdays 11:30 am-12:30 pm

Community Swim

Tuesdays-Thursday 6:00 pm-8:00 pm

Saturdays 1:00 pm- 4:00 pm

HOW TO REGISTER FOR CLASSES

Registration for swimming lessons, lifeguard and Water Safety Instructor classes is completed online through the Mayville State University Store and click on Comet Aquatics.

CONTACT INFORMATION

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Or

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