

GROUP

SWIM

LESSONS

MUST BE A
SWIM CLUB
MEMBER



Whether you're a first-time swimmer or looking to improve your strokes, our experienced instructors will guide you every step of the way!

Session 1, 2 & 3

Each session is two weeks long, taught on Monday, Tuesday and Thursday. Friday is reserved for rain and holiday make-ups only.

Session 1: June 24, 25, 27 July 1, 2 and 5

Session 2: July 8, 9, 11, 15, 16 and 18

Session 3: July 22, 23, 25, 29, 30 and Aug 1

\$80 for six 30 minute classes

Advanced 8:00am-8:30am

Intermediate 8:45am-9:15am

Beginner 9:30am-10:00am

REGISTER TODAY



732-617-0100

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LEVEL DESCRIPTIONS

Advanced– For students who are **9 years of age and older**. Within this level, instructors will work with swimmers to develop and refine his or her swim stroke technique. Our goal is to ensure that skill proficiency will be attended to through detailed instruction in a variety of swim strokes. These swim strokes include, but are not limited to, the freestyle, breaststroke, backstroke, sidestroke, and butterfly. Additionally, segments of each class will provide the opportunity for students to improve upon elements required for proficiency in the pool. Further components will include open turns, progression and development of swimming endurance, alternate breathing patterns, feet-first surface dive, and flip turns. This level of our swim program is executed with an objective of our students gaining an enjoyable, yet competitive, swimming experience.

Intermediate–For students who are **5 years of age and older**. Swimmers within this level should primarily have comfort swimming on their front stroke and swimming on their back. In addition, swimmers should have familiarity with swimming front and back crawl for 25 yards. Within the Intermediate Level, students gain knowledge on gliding, freestyle stroke with side breathing, backstroke, breast stroke and dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water, and compact dives. In addition, swimmers will learn skills regarding rotary breathing, freestyle, backstroke, elementary backstroke, scissors kick and sidestroke, whip kick and breaststroke, intro to turning at the wall, treading water with modified scissors, and diving in a kneeling position.

Beginner– Intended for students who are **3 years of age and older**. This level emphasizes the student's comfortability and confidence within the pool. Traditional skills, such as bobbing, submerging, supported front and back floating, rolling over from front float to back float, rolling over from back float to front float, supported gliding, supported flutter kick, supported front crawl, and jumping in from the edge of the pool will all be reflected in the Beginner Level Classes. Students within this level will advance to unassisted skills briefed above, such as: independent front and back floating, independent rolling over from front to back and back to front, independent front and back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water that is higher than the swimmers' head.

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