

1735 Simpson Ave. Ocean City, NJ



## POOL HOURS

Mon - Fri 5:00AM - 8:30PM

Sat 9:00AM - 5:30PM

Sun 12:00PM - 5:30PM

# SPRING AQUATIC PROGRAMS 2018

**REGISTRATION FOR SPRING SWIM LESSONS WILL START Saturday, MARCH 3rd - 9:00AM**

**PROGRAMS ARE HELD DURING THE FOLLOWING SESSION DATES:**

### **TUES & THURS SESSIONS**

#1 March 27 - April 19

#2 May 1 - May 24

### **SATURDAY CLASS SESSIONS**

#1 March 31, April 7, 14, 21, 28. May 5, 12, 19

### **PARENTS AND TOTS**

Ages 6 months to 15 months

Sat. 11:45 - 12:05PM

Ages 15 months to 3 ½ years old

Sat. 11:10 - 11:40AM

Parent participation required. This class is designed to introduce and acclimate your young child to the water. Participating adults will learn holding positions, cues, and how to have a positive first experience with the water.

**Children must be 3 ½ years old to enroll in group swim lessons**

### **LEVEL I**

This level emphasizes comfort in the water. Skills introduced in this level are: Putting face in, bobbing, front and back floats with assistance, blowing bubbles, kicking, and armstrokes.

Tues. & Thurs. 9:00 - 9:30 AM

Sat. 10:00 - 10:30 AM

10:35 - 11:05 AM

### **LEVEL II**

This level introduces basic skills to ready the swimmer for independent movement in the water. Skills introduced in this level are: submerging, front and back floats unassisted, breathing, flutter kicking, turning over, beginning strokes on front and back.

Tues. & Thurs. 9:30 - 10:00 AM

Sat. 10:00 - 10:30 AM

10:35 - 11:05 AM

### **LEVEL III**

Students begin to coordinate learned skills into strokes. Skills introduced in this level are front and back crawl, retrieving submerged objects, elementary backstroke, and treading water.

Tues. & Thurs. 10:00-10:30 AM

Sat. 11:10-11:40 AM

### **LEVEL IV**

Swimmers improve strokes and develop endurance. Skills introduced in this level include breaststroke kick, diving, turns and treading water.

Sat. 11:10-11:40 AM

### **LEVEL V ( Pre -Team)**

Coordinate and refine previous strokes. Skills taught in this level are open turns butterfly, stride jump, and breaststroke.

Sat. 11:45-12:15 PM

### **ADULT LESSONS**

Sat. 11:45 - 12:15 PM

ANY LEVEL

## AQUATIC PROGRAMS PRICES

### MEMBERS

\$60.00 1<sup>ST</sup> child

\$55.00 2<sup>ND</sup> child

\$50.00 3<sup>RD</sup> child

\$45.00 4<sup>TH</sup> child

### NON-MEMBERS

\$120.00 1<sup>ST</sup> child

\$115.00 2<sup>ND</sup> child

\$110.00 3<sup>RD</sup> child

\$100.00 4<sup>TH</sup> child

### PLEASE NOTE:

**NO MAKE UP CLASSES.**

**NO REFUND ON MISSED CLASSES.**

**WHEN JOINING CLASS LATE, LESSONS WILL BE PRO-RATED.**

### **PRIVATE LESSONS**

A 30 minute one-on-one lesson with instructor. Private lessons are by appointment only and depend on the availability of instructors and pool schedule. Call today for more information.

#### **PRIVATE LESSON FEES:**

##### **PRIVATE LESSONS**

**MEMBERS:**

**\$25.00 PER ½ HOUR**

**NON-MEMBERS:**

**\$50.00 PER ½ HOUR**

##### **SEMI PRIVATE LESSONS**

**MEMBERS:**

**\$20.00 PER ½ HOUR PER CHILD**

**NON-MEMBERS:**

**\$35.00 PER ½ HOUR PER CHILD**

**PLEASE NOTE:  
NO MAKE UP CLASSES.**

**NO REFUND ON MISSED CLASSES.**

**WHEN JOINING CLASS LATE, LESSONS  
WILL BE PRO-RATED.**

**East Coast C-Cerpants age group Swim Team**  
The East Coast C-Cerpants Swim Team is a year long competitive age group swim team that is sanctioned by USA Swimming. This program includes swimmers from age 5 who have completed swim lessons to college age swimmers. The C-Cerpants compete in a variety of local and regional swim meets that include swimmers of all ability levels. Please see the teams Website for more information.  
[https://www.teamunify.com/Home.jsp?\\_tabid\\_=0&team=maecc](https://www.teamunify.com/Home.jsp?_tabid_=0&team=maecc)



### **ADULT AQUATIC PROGRAMS**

#### **WATER EXERCISE**

Designed to increase flexibility, circulation and tone. Water is used as resistance, which places less stress on the body joints. Class uses equipment along with drills done on the wall. Non swimmers welcome!

Monday, Wednesday & Friday 11:00AM - 11:45AM  
1:00PM - 1:45PM

Tuesday & Thursday 11:00AM - 11:45AM  
7:30PM - 8:15PM

Saturday & Sunday 12:15PM - 1:00PM

#### **DEEP WATER VOLLEYBALL**

Monday, Wednesday & Friday 11:00AM - 11:45AM

#### **ADULT FITNESS SWIMMING**

This fitness program is a Coached work-out for ADULTS. The intent is to create an environment that welcomes those who may just want to add something new to their pool swims as well as the seasoned swimmer. Participants should already know how to swim and should have a basic knowledge of the four competitive strokes and be able to complete 8 lengths of the pool without stopping.

Sunday 7:00AM - 9:00AM

Tuesday 8:30AM - 9:30PM

1st & 3rd Sunday of the month: 8:20AM - 9AM - Intro to coached sessions.

#### **FEE PER PRACTICE**

\$5.00 for members

\$8.00 non-member

See front desk for discounted punch cards

#### **LIFEGUARDING TODAY**

Must be in excellent physical condition with strong swimming skills, at least 15 yrs. old. Successful completion will lead to an American Red Cross Cert. For more info call AFC Front Desk (609) 398-6900

#### **SCUBA**

Explore the world of SCUBA diving. Learn the physics and physiology of man under water, combined with developing water skills to become a competent SCUBA diver.

#### **SCUBA**

diving opens the door to the exciting world beneath the sea. For more information call -  
EAST COAST DIVING 646-5090