



**POOL HOURS**  
 Mon - Fri 5:00AM - 8:30PM  
 Sat 7:00AM - 5:30PM  
 Sun 12:00PM - 5:30PM

## SUMMER AQUATIC PROGRAMS 2018

**REGISTRATION FOR SUMMER SWIM LESSONS**  
**BEGINS JUNE 1<sup>ST</sup> 9:00AM - Online & in-person**

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

<b>MON &amp; WED SESSIONS</b>	<b>TUES &amp; THURS SESSIONS</b>
# 1 JUNE 25 - JULY 18	#1 JUNE 26 - JULY 19
# 2 JULY 23 - AUG 15	#2 JULY 24 - AUG 16

**TUESDAY ONCE A WEEK AFTERNOON CLASS SESSION**  
 JUNE 26, JULY 3, 10, 17, 24, 31, AUG 7, 14

**SATURDAY CLASS SESSION**  
 JUNE 30, JULY 7, 14, 21, 28. AUG 4, 11, 18.

**PARENTS AND TOTS**

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 with your child.

Ages 6 months to 15 months  
 Sat. 11:45 - 12:05PM  
 Ages 15 months to 3 ½ years old  
 Tues. 4:30 - 5:00PM  
 Sat. 11:10 - 11:40AM

**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 arm strokes.

Mon & Wed	9:00 - 9:30 AM
	4:00 - 4:30 PM
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.

Mon & Wed	9:30 - 10:00 AM
	4:30 - 5:00 PM
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.	9:00 - 9:30 AM
	4:00 - 4:30 PM
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.

Tues & Thurs	9:30 - 10:00 AM
	4:30 - 5:00 PM
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
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**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.**

**Registration: Online on Community Pass or in person at Ocean City Aquatic & Fitness, 1735 Simpson Ave. [www.ocnj.us/recreation](http://www.ocnj.us/recreation)**

**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

Private Swim lesson availability is limited.



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

**NO REFUND ON MISSED CLASSES.**

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

**ADULT AQUATIC PROGRAMS**

**ADULT LESSONS**

Sat. 11:45 – 12:15 PM

ANY LEVEL

**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 thru Friday 11:00 - 11:45AM

1:00 - 1:45PM

Saturday & Sunday 12:15 - 1:00PM

Tuesday & Thursday 7:30 - 8:15PM

**DEEP WATER VOLLEYBALL**

Monday thru Friday 11:00 - 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. During the summer months Tuesday evening will be our only Coached workouts. Sundays will have a posted workout for all levels. Check out [www.oceancityswimclub.org](http://www.oceancityswimclub.org) for some open water workouts.

Sunday 7:00 - 9:00AM (No coach, No fee for summer)

Tuesday 8:30 - 9:30PM

FEE PER PRACTICE

\$5.00 for members

\$8.00 non-member

A 10 visit punch card

Members \$30.00

Non-members \$60.00

**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 -

AMERICAN DIVING 646-5090