

WINTER AQUATIC PROGRAMS 2018-19

REGISTRATION FOR WINTER SWIM LESSONS

WILL START Dec 3rd 2018

9:00AM online & walk in

PROGRAMS ARE HELD SESSION DATES:

TUES & THURS SESSIONS

#1 Jan. 8 - Jan 31

#2 Feb. 12 - March 7

SATURDAY CLASS SESSIONS

#1 Sat Jan 19, 26, Feb 2, 9, 16, 23, March 2, 9

PARENTS AND TOTS

Ages 6 months to 3 1/2 yrs

Weds. 10:00 - 10:30AM

Sats. 11:45 - 12:15PM

(Wednesdays 1/16 - 3/6)

(If tots are not full they will be combined into one 4PM class)

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 yrs 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.

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

Sat. 10:00 - 10:30 AM

10:35 - 11:05 AM

11:10 - 11:40 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 1ST child

\$55.00 2nd child

\$50.00 3rd child

\$45.00 4th child

NON-MEMBERS

\$120.00 1st child

\$115.00 2nd child

\$110.00 3rd child

\$100.00 4th 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

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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.

www.ccerpamts.com



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 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, Wednesday & 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.

Sunday 7:00 - 9:00AM

Tuesday 8:30 - 9:30PM

1st 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