

## SUMMER AQUATIC PROGRAMS 2017

### REGISTRATION FOR SUMMER SWIM LESSONS

WILL START JUNE 1<sup>ST</sup> 2017

**PROGRAMS ARE HELD DURING THE FOLLOWING**

#### **SESSION DATES:**

#### **MON & WED SESSIONS**

# 1 JUNE 19-JULY 12

# 2 JULY 17 - AUG 9

#### **TUES & THURS SESSIONS**

#1 JUNE 20-JULY 13

#2 JULY 18-AUG 10

#### **SATURDAY CLASS SESSIONS**

JUNE 24 JULY 1, 8, 15, 22, 29. AUG 5, 12.

#### **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 with your child.

**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

### **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

Private Swim lesson availability is limited.



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

**NO REFUND ON MISSED CLASSES.**

**WHEN JOINING CLASS LATE, LESSONS  
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**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

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