

NJAC SWIM LESSONS

2017 Spring 2 Swim Session

May 8th – July 3rd

(No classes Memorial Day, 5/29/17)



MONDAY	TUESDAY	THURSDAY	SATURDAY
First Class: 5/8/17 Last Class: 7/3/17	First Class: 5/9/17 Last Class: 6/27/17	First Class: 5/11/17 Last Class: 6/29/17	First Class: 5/13/17 Last Class: 7/1/17
Preschool Level A 5:00pm-5:30pm	Preschool Level A 5:00pm-5:30pm	Youth Level 1 5:00pm-5:30pm	Adult Beginner 8:00am-8:45am
Preschool Level B 5:00pm-5:30pm	Preschool Level B 5:00pm-5:30pm	Youth Level 2 5:00pm-5:30pm	Parent/Child Swim 8:45am-9:15am
Competitive 5:30pm-6:30pm	Youth Level 1 5:35pm-6:05pm	Youth Level 3 5:35pm-6:20pm	Youth Level 1 9:15am-9:45am
Triathlon Swim Training 6:30pm-7:30pm	Youth Level 2 5:35pm-6:05pm	Youth Level 4 5:35pm-6:20 pm	Youth Level 2 9:15am-9:45am
	Youth Level 3 6:10pm-6:55pm	Youth Level 5 6:25pm-7:10pm	Preschool Level A 9:50am-10:20am
	Youth Level 4 6:10pm-6:55pm	Competitive 6:25pm-7:25pm	Preschool Level B 9:50am-10:20am

8-Week Swim Session
Monday, May 8th – Monday, July 3rd
(No classes Memorial Day 5/29/17)

NJAC Member Registration Opens: Thursday, April 20th
Non-member Registration Opens: Monday, April 24th

Registration is first-come, first-serve and can be completed at the front desk or over the phone. Payment is due in full at time of registration and is required to reserve a spot in class. **Space is extremely limited and registration will close as classes become full.** There are no refunds or make up classes.

Class Pricing:

Parent/Child Swim (Ages 3 months-3 years)

All infants must be accompanied in the pool by a parent/guardian

•NJAC Family Member \$60 •Member \$132 •Non-member \$172

Preschool Levels A/B (Ages 3-5)

4:1 Student to Teacher Ratio

•NJAC Family Member \$60 •Member \$132 •Non-member \$172

Youth Levels 1-5 (Ages 6-12)

6:1 Student to Teacher Ratio

•NJAC Family Member \$60 •Member \$132 •Non-member \$172

Competitive Swim (Ages 6+)

8:1 Student to Instructor Ratio

•NJAC Family Member \$68 •Member \$144 •Non-member \$184

Adult Beginner (Ages 16+)

6:1 Student to Instructor Ratio

•NJAC Family Member \$60 •Member \$132 •Non-member \$172

Triathlon Swim Training (Ages 18+)

8:1 Student to Instructor Ratio

•Member \$160 •Non-member \$200

Youth Level 3 10:25am-11:10am
Youth Level 4 10:25am-11:10am
Youth Level 5 11:15am-12:00pm
Competitive 11:15am-12:15pm

Not sure what level to enroll your child for? Stop by one of our evaluation dates to have your child tested!

Swim Evaluations:
Wednesday, April 26th
4:30pm-6:00pm
Wednesday, May 3rd
4:30pm-6:00pm

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CLASS DESCRIPTIONS & PREREQUISITES

Parent/Child Swim (Ages 3 months-3 years)

Explore the wonders of the water with your newborn or infant! In our interactive parent and baby swim class, our instructors will help your child become comfortable with the water through fun games, songs, and activities! Your child will have a blast splashing around in the water with you.

Prerequisites: Beginner class with no prerequisite skills. **A PARENT OR GUARDIAN MUST ACCOMPANY THE CHILD IN THE WATER.**

Preschool Levels A/B (Ages 3-5)

Level A: In this introductory level class, your child will be introduced to the wonders of the water! Children will learn how to safely enter and exit the water, blow bubbles, float, and will be introduced to freestyle and backstroke techniques.

Prerequisites: Beginner class with no prerequisite skills.

Level B: Once your youngster has mastered the skills in Preschool Level A, he or she will move on to more advanced skills. In this course, children will be taught lateral breathing and whip kick, as well as continuing to strengthen their freestyle and backstroke.

Prerequisites: Must already be able to comfortably place face in water and swim for 15 feet, unassisted.

Youth Levels 1-5 (Ages 6-12)

Level 1: In this beginner youth class, your child will learn to become a more confident, independent swimmer. Streamline, flutter kick, floating, and basic freestyle and backstroke are just a few of the skills that will be covered throughout the course.

Prerequisites: Beginner class with no prerequisite skills.

Level 2: Our level 2 classes are designed to strengthen the skills children gain in level 1 and help build the child's endurance. Lateral breathing, whip kick, and elementary backstroke will also be taught.

Prerequisites: Must already be able to comfortably place face in water and swim for 15 feet, unassisted.

Level 3: The Youth level 3 classes focus on stroke development. Children will be introduced to butterfly and breaststroke, as well as continuing to strengthen and grow their skills in freestyle, backstroke, and elementary backstroke.

Prerequisites: Must already be able to float on front and back and swim 25 yards of freestyle and backstroke.

Level 4: Once children have mastered the skills taught in levels 1-3, the focus will switch from stroke development to endurance building. Children in level 4 will be expected to complete 200 yards of competent freestyle by the end of the course. During the session children will also be introduced to proper starts and turns for each stroke.

Prerequisites: Must already be able to swim 50 yards of freestyle with rotary breathing and 50 yard backstroke.

Level 5: In our highest level Youth class, children will refine their stroke technique. Instructors will help children build endurance while maintaining proper technique for each of the four competitive strokes. Starts and turns will also be mastered in this class.

Prerequisites: Must already be able to swim 100 yards freestyle and backstroke, 50 yards of breaststroke, and 25 yards of butterfly.

Competitive (Ages 6-13)

NJAC's competitive swim program is a rigid swim workout run by our certified swim coaches, not an introductory lesson. Children will be run through an hour-long workout that incorporates endurance building, stroke development, and turn technique. While our competitive class does not compete, it is sure to whip any advanced swimmer into competition-ready shape.

Prerequisites: Students interested in our Competitive class must successfully complete Youth Level 5, with recommendation to advance from a swim instructor. Children must be able to swim 200 yards of freestyle and backstroke with flip-turns, 100 yards of breaststroke, and 50 yards of butterfly.

Adult Beginner (Ages 16+)

You are never too old to learn to swim! Our Adult swim class will help adults gain fundamental knowledge of swimming. Skills including: streamline glide, flutter kicking, introduction freestyle and backstroke, and lateral breathing will all be covered in this beginner adult swim course.

Prerequisites: Beginner class with no prerequisite skills.

Triathlon Swim Training (Ages 18+)

In our small-group, triathlon swim training, our experienced instructors will help prepare swimmers for the swim portion of any triathlon. This class will be a combination of stroke technique refinement and long distance swim training. Our instructors will help improve your stroke and speed in the pool, and give you the tips and tools for your open water swim,