



# NJAC Group Swim Lessons Fall 2017 Session September 11<sup>th</sup> – November 18<sup>th</sup>

MONDAY	TUESDAY	THURSDAY	SATURDAY
First Class: 9/11/17 Last Class: 11/13/17	First Class: 9/12/17 Last Class: 11/14/17	First Class: 9/14/17 Last Class: 11/16/17	First Class: 9/16/17 Last Class: 11/18/17
Preschool Level A 5:00pm-5:30pm	Preschool Level A 5:00pm-5:30pm	Youth Level 1 5:00pm-5:30pm	Parent/Child Swim 8:45am-9:15am
Preschool Level B 5:00pm-5:30pm	Preschool Level B 5:00pm-5:30pm	Youth Level 2 5:00pm-5:30pm	Youth Level 1 9:15am-9:45am
Youth Level 1 5:35pm-6:05pm	Youth Level 1 5:35pm-6:05pm	Youth Level 3 5:35pm-6:20pm	Youth Level 2 9:15am-9:45am
Youth Level 2 5:35pm-6:05pm	Youth Level 2 5:35pm-6:05pm	Youth Level 4 5:35 pm-6:20 pm	Preschool Level A 9:50am-10:20am
Youth Level 3 6:10pm-6:55pm	Youth Level 3 6:10pm-6:55pm	Youth Level 5 6:25pm-7:25pm	Preschool Level B 9:50am-10:20am
Youth Level 4 6:10-6:55	Youth Level 4 6:10pm-6:55pm	Youth Level 6 6:25pm-7:25pm	Youth Level 3 10:25am-11:10am

**10-Week FALL Swim Session**  
Monday, September 11<sup>th</sup> – Saturday, November 18<sup>th</sup>

**NJAC Member Registration Opens: Monday, August 28<sup>th</sup>**  
**Non-member Registration Opens: Thursday, August 31<sup>st</sup>**

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/Ages/Ratios:

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

\*All infants must be accompanied in the pool by a parent/guardian\*  
**•NJAC Family Member \$75 •Member \$165 •Non-member \$215**

#### Preschool Levels A/B (Ages 3-5)

4:1 Student to Teacher Ratio

**•NJAC Family Member \$75 •Member \$165 •Non-member \$215**

#### Youth Levels 1-2 (Ages 6+)

5:1 Student to Teacher Ratio

**•NJAC Family Member \$75 •Member \$165 •Non-member \$215**

#### Youth Levels 3-4 (Ages 6+)

6:1 Student to Teacher Ratio

**•NJAC Family Member \$75 •Member \$165 •Non-member \$215**

#### Youth Levels 5-6 (Ages 6+)

6:1 Student to Instructor Ratio

**•NJAC Family Member \$85 •Member \$180 •Non-member \$230**

Youth Level 4 10:25am-11:10am
Youth Level 5 11:15am-12:15pm
Youth Level 6 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, August 23<sup>rd</sup>**  
5:00pm-7:00pm  
**Thursday, August 31<sup>st</sup>**  
5:00pm-7:00pm  
**Saturday, September 2<sup>nd</sup>**  
12:00pm-1:00pm

## **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 (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 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 1-6 (Ages 6+)**

**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 this 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.

**Level 6:** NJAC's Youth level 6 class 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. This class 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.