



# AQUATICS

SUMMER: MAY 21 - JUNE 17



## WATER SAFETY CRASH COURSE

*New!*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
PARENT & CHILD LEVEL 1				12:15PM	9:00AM	9:30AM
PARENT & CHILD LEVEL 2				12:45PM	9:30AM	9:00AM
PRESCHOOL LEVEL 1	4:15PM	5:00PM	5:45PM		10:45AM	10:00AM
PRESCHOOL LEVEL 2	5:00PM	5:45PM	4:15PM		10:00AM	11:30AM
PRESCHOOL LEVEL 3	5:45PM	4:15PM	5:00PM		11:30AM	10:45AM
AGES 6-8	4:15PM	5:45PM	5:00PM	4:15PM	9:45AM	11:00AM
AGES 9-11	5:00PM	4:15PM	5:45PM	5:00PM	10:30AM	9:30AM
AGES 12-15	5:45PM	5:00PM	4:15PM	5:45PM	11:15AM	10:15AM
ADULT		7:15PM				
*MAKE-UP CLASS		Ages 6-8 5/29   6:30PM	Ages 9-11 5/30   6:30PM	Ages 12-15 5/31   6:30PM PS Level 1 5/31   4:15PM	PS Level 2 6/2   12:15PM	PS Level 3 6/3   12:15PM

### REGISTRATION BEGINS

MEMBER: MAY 7  
OPENS ONLINE 6:00AM  
WALK-IN 9:00AM

NON-MEMBER: MAY 14  
WALK-IN 9:00AM  
no phone or email registration

### QUESTIONS?

### COST

MEMBER: \$75 | NON-MEMBERS: \$100

Refunds will not be given at any time for programs canceled by participants. Credits will be given with a doctor's note.

\*There will be NO CLASS on Monday, May 28. Assigned make up lessons are detailed on schedule. There are no other make up classes permitted during this session.

Call the Aquatics Department 215.968.0600 ext 288 or email [privateswim@newtownathletic.com](mailto:privateswim@newtownathletic.com)

**FIRST CRASH  
COURSE OF ITS  
KIND IN BUCKS  
COUNTY!**

# aquatics *Crash Course Guidelines*

*New!*

## GENERAL CLASS INFORMATION

The NAC Swim School is proud to debut its Summer and Water Safety Course. This course is focused on helping your children prepare for possible scenarios as well as become comfortable within aquatic environments. We want to help your children understand how water rules, lifeguards and safety equipment are their friends!

Below we explain what your children will be learning. Please note that all the following activities are taught in age and skill appropriate ways, all games are reinforcements of what they are learning in class, and all safety lessons are taught in such a way for our children to become comfortable around the water and its equipment. This course helps prepare children hopefully for things they never have to encounter. These lessons will also help them to know how to respond to situations away from water - possibly even saving someone's life.

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Please Note: While we will endeavour to work with all children, any child who is unwilling to enter the pool or is disruptive to the class for more than five minutes will be removed from the class. Credit will be issued ONLY for future aquatic classes.

The NAC reserves the right to cancel or change program schedules due to low enrollment.

Classes for ages 6-15 are maxed at 16 children per class.

## PARENT RESPONSIBILITY

Please take your child to the bathroom prior to their swim lesson.

Parents must check their child in with their instructor and remain in the building for the length of the entire lesson. All children under the age of 10 MUST have an adult down in the Aquatics area. To ensure the child's complete concentration during their lesson, **it is recommended that parents observe class from the observation area. Parents of children who are new to the program will be permitted on the deck until the child feels comfortable.**

## ATTIRE & EQUIPMENT

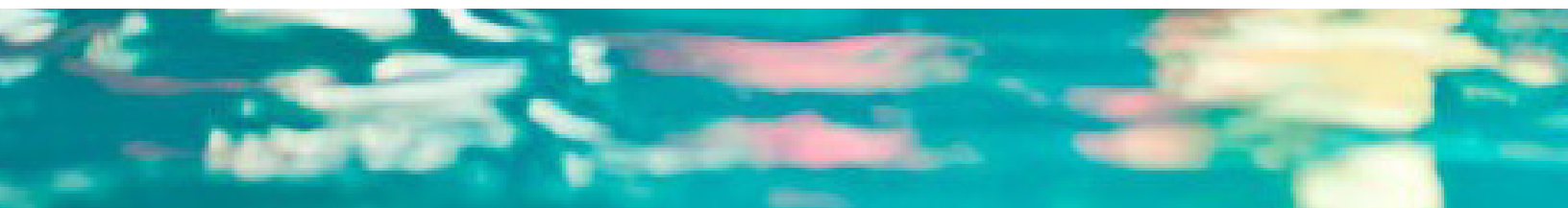
Children who are not potty trained must wear a swim diaper in order to enter the pool. We suggest everyone shower before entering the pool. Flotation devices and goggles are welcome at the instructor's discretion.

## ATTENDANCE POLICY

Please be on time for lessons. No child can be admitted to the lessons more than 10 minutes late. \*We go by the pool deck clock.

Email [privateswim@newtownathletic.com](mailto:privateswim@newtownathletic.com) for any absences. If your child misses two classes in a row without notification, she/he will be dropped from the class.

Due to the nature of the course, there will be no make-up classes. Credits will be given with a doctor's note.

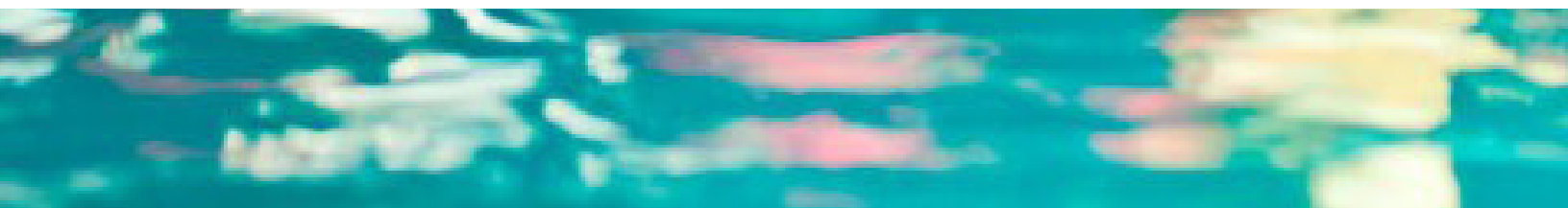


# crash course 4-Week Curriculum

*New!*

	PARENT & CHILD LEVELS 1-2	PRESCHOOL LEVELS 1-3	AGES 6-8	AGES 9-11	AGES 12-15	ADULT
<p>WEEK ONE: WATER SAFETY RULES</p>	<p>Hands Only CPR, Water Guidelines, Emergency Plans</p> <p>Lesson - Swim Development</p>	<p>Safety Rules for in and around water</p> <p>Lesson - Swim Development</p>	<p>Safety Rules for in and around water</p> <p>Lesson - Swim Development</p>	<p>Safety Rules for in and around water</p> <p>Lesson - Swim Development</p>	<p>Safety Rules for in and around water</p> <p>Lesson - Swim Development</p>	<p>Safety Rules for in and around water</p> <p>Lesson - Swim Development</p>
<p>WEEK TWO: WATER SAFETY</p> <p>Fully Clothed Water Experience, Treading Water &amp; Floating</p>	<p>Fully Clothed Water Experience; Swim, float &amp; pull yourself out of the water</p>	<p>Fully Clothed Water Experience; Swim, float, tread &amp; pull yourself out of the water, Simon Says game</p>	<p>Fully Clothed Water Experience; Swim, float, tread &amp; pull yourself out of the water, Simon Says game</p>	<p>Fully Clothed Water Experience; Swim, float, tread &amp; pull yourself out of the water, Simon Says game</p>	<p>Fully Clothed Water Experience; Swim, float, tread &amp; pull yourself out of the water, Simon Says game</p>	<p>Treading Water &amp; Floating</p> <p>Lesson - Swim Development</p>
<p>WEEK THREE: SUN SAFETY</p> <p>Sunglasses, Water Bottles, Hats &amp; Sunscreen</p>	<p>Hungry, Hungry, Hippo Swim, Float Pulling ourselves out</p>	<p>Every 15 minutes H2O break, Coolest Hat Award, Apply Sunscreen at end of class</p> <p>Lesson - Swim Development</p>	<p>Every 15 minutes H2O break, Coolest Hat Award, Apply Sunscreen at end of class</p> <p>Lesson - Swim Development</p>	<p>Every 15 minutes H2O break, Coolest Hat Award, Apply Sunscreen at end of class</p> <p>Lesson - Swim Development</p>	<p>Every 15 minutes H2O break, Coolest Hat Award, Apply Sunscreen at end of class</p> <p>Lesson - Swim Development</p>	<p>Water Bottles</p> <p>Lesson - Swim Development</p>
<p>WEEK FOUR: WATER SAFETY EQUIPMENT</p>	<p>How to properly fit a water vest/jog belt</p> <p>Swim, Float Pull ourselves out</p>	<p>Noodles for Friends, Spot the Save Game &amp; Lifeguard Stand</p> <p>Swim, Float, Pulling ourselves out</p>	<p>Noodles for Friends, Rescue Tubes , How to check for breathing, How to call for help, Lifeguard Stand, What is a Backboard, Spot the Save Game &amp; Tap, Shout, Tap</p>	<p>Noodles for Friends, Rescue Tubes , How to check for breathing, How to call for help, Lifeguard Stand, What is a Backboard, Spot the Save Game &amp; Tap, Shout, Tap</p>	<p>Noodles for Friends, Rescue Tubes, How to check for breathing, How to call for help, Lifeguard Stand, What is a Backboard, Spot the Save Game &amp; Tap, Shout, Tap</p>	<p>Assesing a Scene</p> <p>Lesson - Swim Development</p>

\*PLEASE NOTE: Adult classes will have the themed instruction for the first 10 minutes followed by a 30 minute swim development lesson.



# crash course 4-Week Curriculum

## SWIM DEVELOPMENT

- Lesson/Swim Development: We work on their personal swim development. Swim tests are done to help our instructors know their current swimming ability.
- Swim, Float, Swim: We work on teaching children how to roll onto their backs from swimming into the safe position in the water - floating.
- Treading Water: We work with children on learning how to tread water - keeping their heads above water while minimizing their expendable energy.

*New!*

## SUMMER & WATER SAFETY

- Emergency Plans: We work on creating a plan to help prepare for aquatic emergencies.
- Every 15 Minute Water Breaks: We reinforce the need to stay hydrated while swimming and being in the sun.
- Fully Clothed Water Experience: We will ask parents to bring an extra change of clothes so kids can feel what it's like to "fall" into water.
- Hands Only CPR: We help you understand simple Hands Only CPR to potentially help save lives.
- How to Call for Help: We walk our children through 4 questions that help in emergency situations: Do they answer? Are they wet? Are they breathing? Are they hurt? We also will be reinforcing how to call 911 for emergencies.
- How to Check for Breathing: We will teach children how to check if someone is breathing.
- How to Properly Fit Safety Vests/Belts: We will work with parents on what to look for and how to properly fit a water safety belt/vest.
- Lifeguard Stand: Each child will get a chance to learn what lifeguard stands are for and they will have the opportunity to sit in one. \*Parents are welcome for this class to take pictures of their children at this time.
- Noodles for Friends: We help children learn how noodles can help save lives.
- Pulling Ourselves Out: We help each child learn how to pull themselves out of the water.
- Rescue Tubes: We share with children what rescue tubes are and how they work. Each child will get to jump in the pool like a lifeguard with the rescue tube.
- Safety Rules In and Around Water: We will go over common safety rules for aquatic environments.
- Sunscreen Lesson: We will ask parents to bring in sunscreen and children will have an opportunity to learn how to apply sunscreen.
- Tap, Shout, Tap: We teach children how to check if someone is able to respond by tapping someone, calling out to them and tapping again.
- Water Guidelines: We will go over guidelines for protecting our families from possible aquatic accidents.
- What is a Backboard: We share with children what a backboard is and how they work.

## GAMES

- Hungry, Hungry, Hippo: A fun game to help reinforce forward movement in the water.
- Simon Says Game: A fun game to help reinforce swim, float, tread water.
- Spot the Save Game: A fun game teaching children how to be aware and scan aquatic environments.

## BONUS!

- Coolest Hat Award: During "Sun Safety" week three we will award the child who wears the best hat in each class!

