



AQUATICS



Spring Two Session

May 13- June 16

No Classes Memorial Weekend

(5/25 - 5/27)

5 - WEEK GROUP LESSON SESSION

*MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY *SATURDAY *SUNDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	*SATURDAY	*SUNDAY
PARENT & CHILD LEVEL 1 AQUATOTS	5:00 PM	12:15 PM	6:30 PM	12:15 PM		8:30 AM	9:15 AM
PARENT & CHILD LEVEL 2 WATER WIGGLERS		12:45 PM 6:30 PM		12:45 PM 5:00 PM		9:15 AM	8:30 AM
PRESCHOOL LEVEL 1	5:30 PM	1:15 PM 5:00 PM	5:00 PM	1:15 PM		10:00 AM	10:00 AM
PRESCHOOL LEVEL 2	6:00 PM	1:45 PM 5:30 PM	5:30 PM	1:45 PM		10:30 AM	10:30 AM
PRESCHOOL LEVEL 3	6:30 PM	2:15 PM 6:00 PM	6:00 PM	2:15 PM		11:00 AM	11:00 AM
LEARN TO SWIM LEVEL 1	5:15 PM 5:45 PM	5:15 PM 5:45 PM	5:15 PM 5:45 PM	5:15 PM 5:45 PM		10:00 AM 10:30 AM	10:00 AM
LEARN TO SWIM LEVEL 2	5:15 PM 5:45 PM	5:15 PM 5:45 PM	5:15 PM 5:45 PM	5:15 PM 5:45 PM		10:00 AM 10:30 AM	10:30 AM
LEARN TO SWIM LEVEL 3	5:45 PM	6:15 PM	5:15 PM 5:45 PM	6:15 PM		11:00AM	11:00 AM
LEARN TO SWIM LEVEL 4	5:15 PM	6:45 PM	5:15 PM 5:45 PM	6:45 PM		11:00 AM	11:30 AM
SWIM TEAM TECHNIQUE	6:15-7:15 PM Multiply cost by 2		6:15-7:15 PM Multiply cost by 2				

NO PROGRAMMING

REGISTRATION BEGINS

Members: April 29

Non-Members: May 5

Members:

OPEN ONLINE 6AM

WALK-IN 9AM

GENERAL PUBLIC:

WALK-IN 9AM

General Public MUST register during

Program Desk Hours:

Daily 9am-1pm | M-TH 4pm-8pm

COST

MEMBER \$75 | GENERAL PUBLIC \$100

*Refunds will not be given at any time for programs cancelled by participants.
There will be no make-up lessons for this session other than with a doctor's note.*

***There will be no class 5/25-5/27.**

**Price will be prorated for
4-week session.**

Members \$60 | General Public \$80

Call the Aquatics Department 215.968.0600 ext 288
or email Privateswim@NewtownAthletic.com

**OPEN
ENROLLMENT
DURING SESSION!**

*Please visit the Program
Desk to get enrolled
for lessons!*

*Open Daily: 9am-1pm |
4pm-8pm M-Th*

GENERAL CLASS INFORMATION

- All swim lessons are 30 minute long.
- The NAC reserves the right to cancel or change program schedules due to low enrollment.
- 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 sit in the observation area. Parents of children who are new to the program will be permitted on the deck until the child feels comfortable.

LEVEL DESCRIPTIONS



AQUATOTS / PARENT & CHILD LEVEL 1 | 30 MIN LESSONS | 6 - 18 MONTHS

This class is to provide an opportunity to bond and share an experience with your child in a new environment! With the use of songs and games children will learn water skills and become more comfortable in the water. The class will also equip parents with information on proper holds and safe submersions to help them become confident handling their infants in the water.

WATER WIGGLERS / PARENT & CHILD LEVEL 2 | 30 MIN LESSONS | 18 MONTHS - 36 MONTHS

With the use of songs and games children will learn water skills and become more comfortable in the water. With the help of their parent children will begin to learn the correct kicking and arm placement, all while creating boundaries and pool safety for the toddlers in and around the water.

PRESCHOOL LEVEL 1 | 30 MIN LESSONS | 3 - 5 YEARS OLD

This class is designed for swimmers with no experience. All students wear belts during this class to assure safety. This class will help overcome anxiety and teach proper breath control, assisted floating, swimming independently with water floats, assisted jumping, and pool safety.

PRESCHOOL LEVEL 2 | 30 MIN LESSONS | 3 - 5 YEARS OLD

This class is designed for swimmers with some experience. All students will wear belts during wall time to assure safety, but will take the belt off during practice to develop independence. The goals are to teach basic swim skills with little to no assistance, continuing to focus on overcoming anxiety, learning proper breath control, unassisted floating, swimming independently, unassisted jumping and pool safety.

PRESCHOOL LEVEL 3 | 30 MIN LESSONS | 3 - 6 YEARS OLD

This class is designed for swimmers with experience. Students will not wear belts during this class. With assistance, students will be taught basic components of freestyle including freestyle arms, flutter kicking, and correct head placement for breathing.

LEARN TO SWIM LEVEL 1 | 30 MIN LESSONS | 6 YEARS OLD AND UP

This class is designed for swimmers with some experience. This class is taught in the lap pool. Students will learn the basic components of freestyle including freestyle arms, flutter kicking, and correct head placement for breathing.

LEARN TO SWIM LEVEL 2 | 30 MIN LESSONS | 6 YEARS OLD AND UP

This class is designed for swimmers with experience. This class is taught in the lap pool. Students will continue to improve freestyle technique and to be taught the basic components of **backstroke** including backstroke streamline, flutter kicking, and arm placement, as well as developing the basics of treading water.

LEARN TO SWIM LEVEL 3 | 30 MIN LESSONS | 6 YEARS OLD AND UP

This class is designed for swimmers with experience. This class is taught in the lap pool. Students will continue to improve freestyle and backstroke technique and to be taught the basic components of **breaststroke** including breaststroke streamline pull out, Frog kicks, arm placement and head placement, as well as learning to jump in and treading water.

LEARN TO SWIM LEVEL 4 | 30 MIN LESSONS | 6 YEARS OLD AND UP

This class is designed for swimmers with experience. This class is taught in the lap pool. Students will continue to improve freestyle, backstroke, breaststroke technique and will be taught the basic components of butterfly including dolphin kicking, arms, correct breathing, and rhythm.

SWIM TEAM TECHNIQUE | 30 MIN LESSONS | 6 - 14 YEARS OLD

Swimmers must have the knowledge & ability to swim a 50 freestyle, backstroke, breaststroke and butterfly. Students will master starts and correct turns for all four strokes. Swim Lesson and Swim Team experience recommended. This class is one hour long (rather than 30 minutes) so price is doubled.

*If you attend Swim Team on Monday or Wednesday at 7:15 you are still recommended to attend practice. Coaches will be aware that you attended the class before practice and will accommodate changes in the practice set if needed.

**QUESTIONS ABOUT
CLASS PLACEMENT?**

EMAIL:
Privateswim@NewtownAthletic.com

**HELPFUL HINT!
ON AVERAGE
SWIMMERS
REPEAT LEVELS
2-3 TIMES**