



# AQUATICS



**June 17 - August 15**  
Monday-Thursday | Morning Schedule

## Intensive Lessons | Pick Multiple Weeks | 9 Weeks Available

Week 1: June 17-20    Week 2: June 24-27    Week 3: July 1-3    Week 4: July 8-11    Week 5: July 15-18    Week 6: July 22-25    Week 7: July 29-Aug 1    Week 8: Aug 5-8    Week 9: Aug 12-15

	Week 1: June 17-20	Week 2: June 24-27	Week 3: July 1-3	Week 4: July 8-11	Week 5: July 15-18	Week 6: July 22-25	Week 7: July 29-Aug 1	Week 8: Aug 5-8	Week 9: Aug 12-15	
<b>PARENT &amp; CHILD</b> LEVEL 1 AQUATOTS **Tues & Thurs	<b>No Programming During the Day</b>	9:15 AM	NO PC 1 this week	9:15 AM	9:15 AM	9:15 AM	9:15 AM	9:15 AM	9:15 AM	
<b>PARENT &amp; CHILD</b> LEVEL 2 WATER WIGGLERS **Tues & Thurs		9:45 AM	NO PC 2 this week	9:45 AM	9:45 AM	9:45 AM	9:45 AM	9:45 AM	9:45 AM	
<b>PRESCHOOL</b> LEVEL 1 ** Mon & Wed		10:15 AM	10:15 AM	10:15 AM	10:15 AM	10:15 AM	10:15 AM	10:15 AM	10:15 AM	
<b>PRESCHOOL</b> LEVEL 2 ** Mon & Wed		10:45 AM	10:45 AM	10:45 AM	10:45 AM	10:45 AM	10:45 AM	10:45 AM	10:45 AM	
<b>PRESCHOOL</b> LEVEL 3 ** Mon & Wed		11:15 AM	11:15 AM	11:15 AM	11:15 AM	11:15 AM	11:15 AM	11:15 AM	11:15 AM	
<b>** CLASSES ABOVE THIS LINE ARE TWICE A WEEK</b> <b>**CLASSES BELOW ARE FOUR TIMES A WEEK</b>										
<b>LEARN TO SWIM</b> LEVEL 1		11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM
<b>LEARN TO SWIM</b> LEVEL 2		11:30 AM	11:30 AM	11:30 AM	11:30 AM	11:30 AM	11:30 AM	11:30 AM	11:30 AM	11:30 AM
<b>LEARN TO SWIM</b> LEVEL 3		12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM
<b>LEARN TO SWIM</b> LEVEL 4		12:30 PM	12:30 PM	12:30 PM	NO LTS L4 this week	12:30 PM	12:30 PM	12:30 PM	12:30 PM	12:30 PM

### REGISTRATION BEGINS

**Members: June 3**  
**Non-Members: June 9**

**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 PER WEEK

LTS- MEMBER \$60 | GENERAL PUBLIC \$80  
PC & PA- MEMBER \$30 | GENERAL PUBLIC \$40

*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 July 4th. Price will  
be prorated for 3-day week.  
Cost: Members \$45 | General Public \$60**

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

**Morning  
Group Swim  
Lessons**

**Parent &  
child: level 1-2**  
**\*\*Prechool level: 1-3**

**ONE WEEK | TWO LESSONS**  
**\*\* Mornings Only**  
**Parent Child-Tues & Thurs**  
**Preschool- Mon & Wed**



# AQUATICS



**June 17 - August 15**  
Monday-Thursday | Afternoon Schedule

## Intensive Lessons | Pick Multiple Weeks | 9 Weeks Available

	Week 1: June 17-20	Week 2: June 24-27	Week 3: July 1-3	Week 4: July 8-11	Week 5: July 15-18	Week 6: July 22-25	Week 7: July 29- Aug 1	Week 8: Aug 5-8	Week 9: Aug 12-15
<b>PARENT &amp; CHILD</b> LEVEL 1 AQUATOTS	M/W 4:30PM	T/TH 6:00 PM	M/W 4:30PM	T/TH 6:00 PM	M/W 4:30PM	T/TH 6:00 PM	M/W 4:30PM	T/TH 6:00 PM	M/W 4:30PM
<b>PARENT &amp; CHILD</b> LEVEL 2 WATER WIGGLERS	T/TH 4:30 PM	M/W 6:00 PM	NO PC L2 this week	M/W 6:00 PM	T/TH 4:30 PM	M/W 6:00 PM	T/TH 4:30 PM	M/W 6:00 PM	T/TH 4:30 PM
<b>PRESCHOOL</b> LEVEL 1	5:00 PM	4:30PM	5:00 PM 5:30 PM	4:30PM	5:00 PM	4:30 PM 6:00 PM	5:00 PM 5:30 PM	4:30PM	5:00 PM
<b>PRESCHOOL</b> LEVEL 2	5:30 PM	5:00 PM	5:30 PM 6:00 PM	5:00 PM 5:30 PM	5:30 PM	5:30 PM	5:30 PM 6:00 PM	5:00 PM 5:30 PM	5:30 PM
<b>PRESCHOOL</b> LEVEL 3	6:00 PM	5:30 PM	6:00 PM	5:30 PM 6:00 PM	6:00 PM	5:00 PM 5:30 PM	6:00 PM	5:30 PM 6:00 PM	6:00 PM
<b>LEARN TO SWIM</b> LEVEL 1	5:15 PM	5:15 PM	5:15 PM	5:15 PM	5:15 PM	5:15 PM	5:15 PM	5:15 PM	5:15 PM
<b>LEARN TO SWIM</b> LEVEL 2	5:45 PM	5:45 PM	5:45 PM	5:45 PM	5:45 PM	5:45 PM	5:45 PM	5:45 PM	5:45 PM
<b>LEARN TO SWIM</b> LEVEL 3	6:15 PM	6:15 PM	6:15 PM	6:15 PM	6:15 PM	6:15 PM	6:15 PM	6:15 PM	6:15 PM
<b>LEARN TO SWIM</b> LEVEL 4	6:45 PM	6:45 PM	6:45 PM	6:45 PM	6:45 PM	6:45 PM	6:45 PM	6:45 PM	6:45 PM

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**Members:**  
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WALK-IN 9AM  
**GENERAL PUBLIC:**  
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General Public MUST register during  
Program Desk Hours:  
Daily 9am-1pm | M-TH 4pm-8pm

### COST PER WEEK

**MEMBER \$60 | GENERAL PUBLIC \$80**

*Refunds will not be given at any time for programs cancelled by participants.  
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**\*There will be no class July 4th. Price will be prorated for x3-day week.  
Members \$45| General Public \$60**

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

**Afternoon  
Group Swim  
Lessons**

**Parent &  
child: level 1-2**

**ONE WEEK | TWO LESSONS**  
Mon & Wed or Tues & Thurs

**MEMBER \$30 |  
GENERAL PUBLIC \$40**

# 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 | 60 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**