



# AQUATICS



## Winter 2020 Session

December 9-March 8  
 No classes 12/23-1/5  
 \*Make-Up Week: March 9-15

### 11 - WEEK GROUP LESSON SESSION

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BABY &amp; ME</b> BABY SPLASHERS 6-12 MOS.		9:25 AM		11:10AM 5:15 PM		8:50 AM	10:00 AM
<b>BABY &amp; ME</b> AQUATOTS 12-24 MOS.		9:25 AM		11:10 AM 5:50 PM		9:25 AM	8:50 AM
<b>BABY &amp; ME</b> WATER WIGGLERS 24-48 MOS.		10:00 AM 5:15 PM	5:50 PM			10:00 AM	9:25 AM
<b>PRESCHOOL</b> BEGINNER	5:15 PM	10:35 AM 6:25 PM		10:35 AM		10:35 AM	10:35 AM
<b>PRESCHOOL</b> INTERMEDIATE	6:25 PM	11:10 AM 5:50 PM	6:25 PM	9:25 AM		11:10 AM	11:10 AM
<b>PRESCHOOL</b> ADVANCED	5:50 PM		5:15 PM	6:25 PM		11:45 AM	11:45 AM
<b>LEARN TO SWIM</b> LEVEL 1	6:45 PM		5:00 PM	5:35 PM		10:00 AM	10:00 AM
<b>LEARN TO SWIM</b> LEVEL 2	6:10 PM		6:45 PM	5:00 PM		10:35 AM	10:35 AM
<b>LEARN TO SWIM</b> LEVEL 3	5:35 PM		6:10 PM	6:45 PM		11:10 AM	11:10 AM
<b>LEARN TO SWIM</b> LEVEL 4	5:00 PM		5:35 PM	6:10 PM		11:45 AM	11:45 AM
<b>SWIM TEAM</b> TECHNIQUE			7:20 PM				12:20 PM

**NO PROGRAMMING**

### REGISTRATION BEGINS

Members: November 25

Non-Members: November 29

**NAC Members:**

Open Online 6am | Walk-in 9am

**General Public:**

Walk-in 9am

General Public **MUST** register during

**Program Desk Hours:**

Mon-Sat 9am-12pm | Mon-Thurs 4-7pm

### COST

MEMBER \$165 | GENERAL PUBLIC \$220

*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 or during our make-up week 3/9-3/15*

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

### NEW REFERRAL PROGRAM

*Each new NAC swimmer you refer who registers for group lesson earns you a chance in our free session drawing.*

# AQUATICS



## WINTER REGISTRATION FORM

### PAYMENT

- Cash \$ \_\_\_\_\_
- Check # \_\_\_\_\_
- NAC Charge    VI    MC    AX
- Card # \_\_\_\_\_
- EXP Date \_\_\_\_\_

*Registration Form -  
Winter Lessons*

Dec 9th - March 8th | 11-Week Course

Make-up week 3/9-3/15

No Classes 12/23-1/5

**Member Registration Begins: Nov 25th**

-- NAC app | Online | Program Desk (Open M-Sa 9am-12pm | 4pm-7pm M-Th)

**Non Member Registration Begins: Nov 29th**

-- \*Program Desk Only (Open M-Sa: 9am-12pm | 4pm-7pm M-Th)

Liability Release Participant expressly agrees on his/her behalf that all use of the club shall be undertaken at his/her sole risk, and that the Club's owners, managers and employees shall not be liable for any damages or injuries to any member or guest, or be subject to any claim or demand whatsoever. Each participant assumes responsibility for him or herself and on behalf of his/her executors, administrators, and assigns, does fully and forever waive, release and discharge the club's owners, managers, employees and agents from any and all claims, demands, damages, right of action or cause of action, present or future whether the same be known or unknowns, anticipated, resulting from, or arising out of, the Member or his/her guest, or his/her minor children's use or intended use of the Club's facilities and equipment. I consent to pictures being taken of the Participant and understand that any such pictures will become property of the Club. They may be used without payment of fees or other compensation to the Participant.

- The NAC reserves the right to cancel or change program schedules due to low enrollment.
- Parent cancellations after the start of sessions WILL NOT receive a refund or credit, unless a doctor's note is provided with the request.
- Participants who arrive more than 10 minutes late cannot be admitted to a lesson.

Please note: while we will endeavor 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 to be used ONLY for future aquatics classes.

Where the Participant is a minor (under 18), a parent or legal guardian must sign below indicating agreement with the terms of this application on behalf of the minor child.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Swimmer Name \_\_\_\_\_

DOB \_\_\_\_\_

Male/Female \_\_\_\_\_

Parent's Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Emergency Contact (During Lesson Time) \_\_\_\_\_

Phone \_\_\_\_\_

Class Information:

Day \_\_\_\_\_

Time \_\_\_\_\_

Level \_\_\_\_\_

Referred by

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

**QUESTIONS?**

CALL THE AQUATICS DEPARTMENT 215.968.0600 EXT 288

OR EMAIL SWIMLESSONS@NEWTOWNATHLETIC.COM

# GENERAL CLASS INFORMATION

**Session Dates: Dec 9th-March 8th**

- This session is 11 weeks +1 week for make-up lessons. There will be no make-up lessons for this session other than with a doctor's note or during the make-up week (March 9th-15th).
- We have modified our curriculum to better align with the American Red Cross style of instruction. PRIOR to registering, PLEASE be sure to read through the lesson level descriptions below. For any questions regarding placement, please e-mail your child's age, ability, and/or previous swim experience along with your phone number to [swimlessons@newtownathletic.com](mailto:swimlessons@newtownathletic.com) and we will advise which level to register for or schedule a level placement assessment.
- All swim lessons are 30 minute long with 5 minute breaks in between. Please arrive on time.

## LEVEL DESCRIPTIONS 6 mos. - 5 yrs.

### **Baby Splashers / Baby & Me | 30 MIN LESSONS | 6 - 11 MONTHS**

Pre-requisite: Child must be 6 months old prior to the session start date. The guardian must be a member to receive the member price.

This class is held in the Therapy pool and designed to provide an opportunity to bond and share an experience with your child in a new environment! The class will also equip guardians with information on proper holds and safe submersions to help them become confident handling their infants in the water.

### **Aquatots / Baby & Me | 30 MIN LESSONS | 12 MONTHS - 23 MONTHS**

Pre-requisite: Child must be 12 months prior to the session start date. All children must be active on a membership account to receive the member price.

This class is held in the Therapy pool. With the help of their guardian and the use of songs and games children will continue to learn water skills such as kicking, arm movements, and floating, all while creating boundaries and pool safety for the toddlers in and around the water.

### **Water Wigglers/ Baby & Me | 30 MIN LESSONS | 24 Months- 36 Months**

Pre-requisite: Child must be 24 months prior to the session start date. All children must be active on a membership account to receive the member price.

This class is held in the Therapy pool and designed to continue to learn water skills and become more comfortable in the water through instruction and games. With the help of their guardian and teacher, children will enhance their understanding of correct kicking and arm placement, floating, submerging face, blowing bubbles, gliding, and jumping which will aid them in learning basic rescue skills.

### **PRESCHOOL Beginner | 30 MIN LESSONS | 3-4 YEARS OLD**

Pre-requisite- **If new to NAC swim lessons**, 3 year old students are advised to attend at least one session of Water Wigglers or may pass a swim evaluation to join this class. **Former Preschool 1 students** are also advised to attend one session of Water Wigglers or may register for this class without a swim evaluation.

This class is held in the Therapy pool and designed for swimmers with minimal water experience. The students will explore combining arm and leg action on front and back with assistance, submerging face and blowing bubbles, gliding, floating and jumping, which will aid them in practicing basic rescue skills.

### **PRESCHOOL Intermediate | 30 MIN LESSONS | 3-5 YEARS OLD**

Pre-requisite: Students must be able to travel 5 yards (width of therapy pool) assisted before entering this level.

This class is held in the Therapy pool and designed for students with some water experience. The goal is to transition combining arm and leg action on front and back, gliding, floating, jumping with consistent reliance on swim aids such as kickboards, noodles, etc. to encourage these skills with independence.

### **PRESCHOOL Advanced | 30 MIN LESSONS | 4-5 YEARS OLD**

Pre-requisite: Students must be able to swim 5 yards (width of therapy pool) with **minimal assistance** before entering this level.

This class is held in the Therapy pool and designed for students who can swim and float with minimal assistance. The goal is for students to learn additional safety skills as well as the basic components of alternating arm and leg action on front (freestyle) and back (backstroke), floating and jumping unassisted.

**Please read the new levels before registering.**



**Email for questions about level placement or to schedule an assessment.**

**EMAIL:  
swimlessons  
@newtownathletic.com**

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All swim lessons are 30 minute long with 5 minute breaks in between. Please arrive on time.

## LEVEL DESCRIPTIONS 5 + yrs

### LEARN TO SWIM LEVEL 1 | 30 MIN LESSONS | 5 YEARS OLD AND UP

Pre-requisite: Students must be 5 years old.

This class is taught in the Lap pool and is designed for students **without experience**. Students will learn the basic components of alternating arm and leg action on front (freestyle) and back (backstroke) with assistance from various swim aids such as kickboards, noodles, etc.

### LEARN TO SWIM LEVEL 2 | 30 MIN LESSONS | 5 YEARS OLD AND UP

\*\*Pre-requisite: If new to NAC swim, students must have completed either the Preschool Advanced, Learn to Swim One level, or may pass a swim evaluation to join this class. Former Learn to Swim One students may enroll in this class if they are able to travel 5 yards **unassisted**.

This class is taught in the lap pool and is designed for students with some water experience. Students will continue to improve freestyle & backstroke technique, be introduced to side breathing as well as increase distance in both strokes with assistance.

### LEARN TO SWIM LEVEL 3 | 30 MIN LESSONS | 5 YEARS OLD AND UP

Pre-requisite: Students must be able to swim 15 yards before entering this level.

This class is taught in the Lap pool and is designed for students with experience. Students will continue to increase distance and improve skill in their freestyle and backstroke technique, as well as be introduced to breaststroke, as well as learning to dive in, and tread water.

### LEARN TO SWIM LEVEL 4 | 30 MIN LESSONS | 5 YEARS OLD AND UP

Pre-requisite: Students must be able to swim freestyle the full length of the pool and have a basic understanding of backstroke and breaststroke.

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

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

Pre-requisite: Students must have the knowledge & ability to swim freestyle, backstroke, breaststroke and butterfly.

This class is taught in the Lap pool and is designed for swimmers with swim lesson and/or swim team experience. Students will continue to improve techniques and master starts and correct turns for all four strokes.

**Please read the  
new levels before  
registering.**



**Email for questions  
about level  
placement or to  
schedule an  
assessment.**

**EMAIL:  
swimlessons  
@newtownathletic.com**