



BABY & ME



SWIM SCHEDULE

Session 2: July 10th - 27th

REGISTRATION Members - June 5th | Non-Members - June 12th

AQUATOTS 6 - 18 months

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.

WATER WIGGLERS 18 - 36 months

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.

Intensive Lessons | Pick Your Weeks | 3 Weeks Available

LESSON LEVEL	Week 4: July 10 & 12
	Week 5: July 17 & 19
	Week 6: July 24 & 26

AQUATOTS	Mon & Wed 4:00 PM	
WATER WIGGLERS	Mon & Wed 9:30AM	Mon & Wed 4:30 PM

Cost per week

Member: \$52 | General Public: \$62

For safety reasons, every child is required to have ONE adult in the water with them at all times.

There will be no make-up lessons for this session. If a participant must miss a lesson, a credit for future swim lessons will only be provided for a medical excusal backed by a doctor's note.

QUESTIONS? Call the Aquatics Department 215.968.0600 ext. 180
or email swimlessons@newtownathletic.com

REGISTRATION
Opens
July 3rd!

30 MINUTE
LESSONS



MORNINGS SWIM SCHEDULE

Session 2: July 10th - 27th

Intensive Lessons | Pick Your Weeks | 3 Weeks Available

Pick your Weeks!

LESSON LEVEL	Week 4: July 10 - 13
	Week 5: July 17 - 20
	Week 6: July 24 - 27

SPLASHERS 1	Mon - Thurs 9:00AM	Mon - Thurs 10:00AM
SPLASHERS 2	Mon - Thurs 9:30 AM	Mon - Thurs 10:30 AM
SWIMSTERS 1	Mon - Thurs 10:15 AM	
SWIMSTERS 2	Mon - Thurs 10:45 AM	

Cost per week

MEMBER: \$105

GENERAL PUBLIC: \$125

There will be no make-up lessons for this session. If a participant must miss a lesson, a credit for future swim lessons will only be provided for a medical excusal backed by a doctor's note.

QUESTIONS? Call the Aquatics Department 215.968.0600 ext. 180
or email swimlessons@newtownathletic.com

REGISTRATION
Opens
July 3rd!

30 MINUTE
LESSONS



EVENINGS

NAC
NEWTOWN ATHLETIC CLUB
SWIM

SWIM SCHEDULE

Session 2: July 10th - 27th

Intensive Lessons | Pick Your Weeks | 3 Weeks Available

Pick your Weeks!

LESSON LEVEL	Week 4: July 10 - 13
	Week 5: July 17 - 20
	Week 6: July 24 - 27

REGISTRATION
Opens
July 3rd!

30 MINUTE
LESSONS

SPLASHERS 1	Mon - Thurs 5:00 PM	
SPLASHERS 2	Mon - Thurs 5:30 PM	Mon - Thurs 6:00 PM
SWIMSTERS 1	Mon - Thurs 4:30 PM	
SWIMSTERS 2	Mon - Thurs 5:00 PM	
SWIMSTERS 3	Mon - Thurs 5:30 PM	
SWIMSTERS 4	Mon - Thurs 6:00 PM	

Cost per week

MEMBER: \$105
GENERAL PUBLIC: \$125

There will be no make-up lessons for this session. If a participant must miss a lesson, a credit for future swim lessons will only be provided for a medical excusal backed by a doctor's note.

QUESTIONS? Call the Aquatics Department 215.968.0600 ext. 180
or email swimlessons@newtownathletic.com



Welcome to NAC Swimming! Swimming is a vital lifesaving skill that can be learned at a very young age, and can be enjoyed for a lifetime. NAC Swimming lessons focus on proper water safety and teach children & adults the essential life skill of swimming. The goal of our group lesson program is to build a foundation of swimming.

ALL
LESSONS
ARE 30
MINUTES

LEVEL DESCRIPTIONS

PRESCHOOL CLASSES

Classes allow children to become familiar with a group aquatics environment and emphasis is placed on helping children develop positive attitudes & safe practices in and around the water.

SPLASHERS 1 | 3 - 5 YEARS

Pre-requisite: Students must be 3 years old prior to the session start date and must be ready to participate in a group setting.

This class is held in the therapy pool and is designed for students with minimal water experience. Students will develop an increased comfort with underwater exploration and will be introduced to basic self-rescue skills performed with assistance. They will do this by combining arm and leg action on front and back, blowing bubbles, gliding, floating and jumping with assistance.

SPLASHERS 2 | 3 - 5 YEARS

Pre-requisite: Student must be able to push off the wall, roll to their back and float for 15 seconds with minimal assistance before entering this level.

This class is held in the therapy pool and is designed for students with some water experience. Students will submerge their face, progress their basic rescue skills and start developing independence in their foundation of freestyle and backstroke.



SCHOOL AGE CLASSES

Classes will teach swimmers to swim safely & independently and/or prepare them to try out for our NAC SHARKS developmental swim team.

SWIMSTERS 1 | 5-10

Taught in the lap pool, this level is designed for introductory swimmers with minimal swim experience. Swimmers will learn the essential skills such as safe entries & exits, flotation, and receive an introduction to freestyle & backstroke fundamentals.

SWIMSTERS 2 | 6 YEARS +

Pre-requisite: Swimmers must have graduated Swimsters 1 or be able to swim freestyle with side breathing and backstroke for 10 Meters.

Taught in the lap pool, this level is designed for swimmers with intermediate swim experience. Swimmers will continue to increase distance and master skill in their freestyle and backstroke technique. Graduates will successfully be able to swim 25 meters of freestyle unassisted.

SWIMSTERS 3 | 6 - 12 YEARS

Pre-requisite: Swimmers must have graduated Swimsters 2 or be able to swim freestyle with side breathing and backstroke with proper technique for 25 Meters (1 length) as well as breaststroke for 15 Meters.

Taught in the lap pool, this level is designed for swimmers seeking to improve their overall endurance in the water. Swimmers will continue to increase distance and conditioning in their freestyle and backstroke, while introduced to breaststroke technique. Graduates will successfully be able to swim 50 meters of freestyle & backstroke, along with 25 meters of breaststroke.

SWIMSTERS 4 | 6 - 12 YEARS

Pre-requisite: Swimmers must have graduated Swimsters 3 or be able to swim freestyle and backstroke for at least 50 meters, while also being able to swim 25 meters of breaststroke.

Taught in the lap pool, this level is designed for swimmers seeking to improve overall endurance and technique as they learn the final stroke - butterfly. Graduates of this level will be able to swim 100 meters of freestyle and backstroke, 50 meters of breaststroke, along with 15 meters of butterfly - each with proper form.

SWIM LESSONS

General Class Information:

- There will be no make-up lessons for this session. If a participant must miss a lesson, a credit for future swim lessons will **only** be provided for a medical excusal backed by a doctor's note.
- 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 and we will advise which level to register for or schedule a level placement assessment.
- All swim lessons are 30 minute long. Please arrive on time.



Terms & Conditions:

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.
- All sales are final! 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.

QUESTIONS?

CALL THE AQUATICS DEPARTMENT 215.968.0600 EXT 180
OR EMAIL SWIMLESSONS@NEWTOWNATHLETIC.COM