

Fall 1 & 2 Swim School – Youth & Specialty Programs

Intro to Cannons (3 to 21 years old)

Formerly our Special Populations Class. This class is designed for children & young adults with special needs with the ultimate goal of having swimmers join our Caldwell Cannons Swim Team.

We cater to those with learning difficulties, whether it be behavioral, emotional or physical.

Our Instructors will educate your child by connecting their mind, body & senses to perform better in the water. Hands on training will be provided to those who need it.

Fall 1 Times:

Saturday (9/22 to 11/3) 10:00 to 10:30 a.m.

Fall 2 Times:

Saturday (11/10 to 12/22) 10:00 to 10:30 a.m.

Stingrays (6 to 12 years old)

This class is for older children who have no prior swim experience. Our instructors will work with children to get comfortable with the water before moving them forward with more difficult skills

Once your child becomes more acclimated to the water, the instructors will introduce basic skills like kicks, putting their face in the water, stroke refinement & breathing techniques.

Fall 1 Times:

Wednesday (9/19 to 10/31) 4:00 to 4:30 p.m.

Sunday (9/22 to 11/4) 10:30 to 11:00 a.m.

Fall 2 Times:

Wednesday (11/7 to 12/19) 4:00 to 4:30 p.m.

Sunday (11/11 to 12/23) 10:30 to 11:00 a.m.

Fees:

Members - \$120 / Non-Members - \$150

Registration can be done in-person at the Center or over the phone with a credit card at 973-228-7665.

Dolphins (6 to 12 years old)

This class is for children who are comfortable swimming a full length of freestyle & backstroke on their own. They have a good understanding of how these 2 strokes are performed.

Diving and breaststroke will be introduced at this level.

Fall 1 Times:

Wednesday (9/19 to 10/31) 3:30 to 4:00 p.m.

Sunday (9/22 to 11/4) 10:00 to 10:30 a.m.

Fall 2 Times:

Wednesday (11/7 to 12/19) 3:30 to 4:00 p.m.

Sunday (11/11 to 12/23) 10:00 to 10:30 a.m.

Sharks (6 to 12 years old)

This class is for children who can swim freestyle & backstroke, and are familiar with breaststroke & butterfly. The goal of this class is to help swimmer become proficient in all 4 strokes & get them ready for Mini Team!

This class will also focus on flip turns, transitions & dives.

Fall 1 Times:

Saturday (9/22 to 11/3) 10:00 to 10:30 a.m.

Fall 2 Times:

Saturday (11/10 to 12/22) 10:00 to 10:30 a.m.

Mini Team (6 to 12 years old)

This class is a pre-swim team class designed to get your child ready for the swim team. Since swim team is the goal of this class, endurance will be a main priority.

Fall 1 Times:

Saturday (9/22 to 11/3) 11:00 to 11:30 a.m.

Fall 2 Times:

Saturday (11/10 to 12/22) 11:00 to 11:30 a.m.

