

## PRESCHOOL PROGRAMS

(Ages 6 Months-6 Years)

### Little Splashers (6-18 Months)

Parents will accompany their child ages 6 -18 months, in the pool to acquaint them with the water environment. An instructor provides guidance in how to help your child develop coordination, motor skills, balance and social skills in in the water. Swim diaper and rubber pants required for those not toilet trained.

### Little Guppies (18-36 Months)

Little Guppies is the next step for children ages 18-36 months to continue water exploration with their parents. An instructor will provide guidance to help with children as they are being introduced to beginner swimming skills. Swim diaper and rubber pants required for those not toilet trained

### Goldfish (3-6 Years)

This level will help children become more comfortable in the water. Children will learn to move independently through the water and feel comfortable on their front and back with instructor assistance. This class will work on reaches as well as putting their face in the water. They will learn face and ear submersion, front and back float and reaches with instructor guidance and water safety skills.

### Angelfish (3-6 Years)

This level is for the swimmer who is comfortable being in the water on their own. Children should be able to hold their breath; blow bubbles underwater; float on their front and back without assistance. Children will learn to swim to the 1st flags on their stomach and back. Rhythmic breathing, treading water and deep-water comfort will be introduced. Water safety skills will be reviewed.

### Betafish (3-6 Years)

This level is for children, who can swim half a lap on their front and back on their own and go underwater. Children will learn to swim 25 yards on their stomach with rotary breathing & on their back. Diving skills will also be introduced as well as treading water. Water safety skills will be enforced.

## YOUTH PROGRAMS

(Ages 7-13 Years)

### Clownfish (7-13 Years)

Introductory Beginners for school aged children, no previous water experience is required. Children may be apprehensive or cautious about the water. Adjustment to face and ear submersion and individual exploration with instructor supervision will be taught. Children will also learn to float on both their front and back and well as kicking on their front and back with and without a flotation device. Water safety is a primary goal.

### Stargazer (7-13 Years)

This level is for children, who can float on their front and back on their own, swim on their front and back by themselves and go underwater. Children will learn to swim to the first flags on their stomach with rotary breathing and on their back. Rhythmic breathing, treading water and deep water comfort will be introduced. Water safety skills will be reviewed.

### Drumfish (7-13 Years)

For this level children need to be able to swim ½ a length on their front and back with basic knowledge of rotary breathing. Children will learn to swim 1 length of the pool on their stomach with rotary breathing and on their back. Diving skills will be introduced and treading water reviewed. Water safety skills will be enforced. Technique is the focus of this level.

## SPECIAL POPS

(Ages 3-21 Years)

### Special Populations (3-21 years)

This class is designed for children and young adults of any swim level with disabilities.

# 2018 SUMMER SWIM SCHOOL SCHEDULE

Don't leave your child  
sitting on the side of  
the pool this Summer!

### CONTACT US:

1 Provost Square  
Caldwell, NJ 07006

973-228-7665

Phone: 973-228-7665

Web: [www.caldwell-nj.com/communitycenter](http://www.caldwell-nj.com/communitycenter)



Please refer to our **Specialty Class Trifold** for Competitive Stoke, Racing Skills & Private/Semi-private swim lesson information.



## Summer 2018 SWIM SCHOOL

Pay for 4 classes, get 5. The make-up class is already built in.

5 Classes 7/23 – 8/20 Members: \$90 Non-Members: \$110	5 Classes 7/25 – 8/22 Members: \$90 Non-Members: \$110	5 Classes 7/21 – 8/18 Members: \$90 Non-Members: \$110	5 Classes 7/22 – 8/19 Members: \$90 Non-Members: \$110
---	---	---	---

	Monday	Wednesday	Saturday	Sunday
Little Splashers			10:30-11:00	11:00-11:30
Little Guppies			11:30-12:00	11:30-12:00
Goldfish	4:15-4:45 4:45-5:15	3:45-4:15 4:15-4:45	9:00-9:30 10:00-10:30 11:00-11:30	10:30-11:00
Angelfish	4:45-5:15	3:45-4:15 4:15-4:45		9:00-9:30 10:30-11:00
Betafish	4:15-4:45	4:45-5:15	9:00-9:30	11:00-11:30
Clownfish		4:15-4:45		11:30-12:00
Stargazer	4:15-4:45	3:45-4:15		10:30-11:00
Drumfish	4:45-5:15	4:15-4:45	10:30-11:00	
Special Populations	4:45-5:15	4:45-5:15	10:00-10:30	

### SWIM SCHOOL GUIDELINES

- In order to achieve the greatest benefit from swim lessons, attendance at every class is highly recommended. For safety reasons, make-up classes are not available due to instructor/student ratios. Refunds and credits will not be issued due to absences.
- Group Instructors cannot be requested and may be changed at any time due to scheduling, availability or illness.
- To eliminate distractions, parents are allowed to sit on the bleachers but are not allowed to walk around on the pool deck.
- **Those who are not potty trained must wear a disposable swim diaper and a rubber swim diaper.**
- If the instructor feels your child is placed in the wrong level, you will be informed via phone or email during the week before your next lesson.

