

# Winter 1 Swim School – Youth & Specialty Programs

## Unified Class

This inclusion class is designed for swimmers who are looking to refine their freestyle, backstroke, breaststroke & butterfly techniques in preparation for the Cannons and swim teams.

### Winter 1 Times:

**Saturday (1/12 to 3/2) 11:00 to 11:30 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.

### Winter 1 Times:

**Sunday (1/13 to 3/3) 10:30 to 11:00 a.m.**



**Pay for 7 lessons, get 8. The make-up lesson is built into the schedule.**

## 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.

### Winter 1 Times:

**Sunday (1/13 to 3/3) 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.

### Winter 1 Times:

**Saturday (1/12 to 3/2) 10:00 to 10:30 a.m.**

### Fees:

Members - \$140 / Non-Members - \$175

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

## Wednesday Class

Members - \$245 / Non-Members - \$280

## Saturday Class

Members - \$245 / Non-Members - \$280

**Pay for 7 lessons, get 8. The make-up lesson is built into the schedule.**

# Mini-Team

## Mini Team (6 to 12 years old)

This 60-minute 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.

### Winter 1 Times:

**Wednesday (1/16 to 3/6) 7:30 to 8:30 p.m.**

**Saturday (1/12 to 3/2) 1:00 to 2:00 p.m.**

**Caldwell Community Center – 1 Provost Square / Caldwell NJ / 07006 – 973-228-7665**