

Saturday & Sunday Class Times

Classes	Saturday & Sunday Class Times	
	Saturday (6/15 to 8/24) Registration closes Thursday 6/13 No class Saturday 7/6	Sunday (6/16 to 8/25) Registration closes Thursday 6/13 No class Sunday 7/7
Tadpole (6 months to 3 years old)	11:00-11:30 a.m.	
Goldfish (4 to 5 years old)	10:00-10:30 a.m. 11:00-11:30 a.m.	10:00-10:30 a.m.
Jellyfish (4 to 5 years old)	10:30-11:00 a.m.	10:30-11:00 a.m.
Stingrays (6 to 12 years old)	10:30-11:00 a.m.	10:30-11:00 a.m.
Dolphins (6 to 12 years old)		10:00-10:30 a.m.
Sharks (6 to 12 years old)	10:00-10:30 a.m.	
Fees:	Members: \$225 / Non-Members: \$270	Make up built in! Pay for 9, get 10!

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

If you already have a Community Pass login with another town (i.e.; West Caldwell, Verona, North Caldwell. etc.), please use your login information for that account. You do not need to create a separate account for the Community Center.

Please give us call at 973-228-7665 with any questions.

See you at the Center!



Class	Description
Tadpole (6 months to 3 years old)	<p>A parent or guardian accompanies the child into the pool. The goal of this class is to get the child comfortable in the water. Our instructors will provide assistance in helping your child develop communication, coordination, motor skills & water safety skills. Swim diapers are required for children who are not potty trained.</p> <p style="color: red;">Children are eligible for the member rate if a parent is a member.</p>
Goldfish (4 to 5 years old)	<p>This class focuses on helping children develop basic swimming skills. Children will be taught how to climb in & out of the pool and will also learn the safety rules of the pool. They will learn how to properly kick on top of the water while submerging their faces & blowing bubbles. Arm scoops, blast offs and back floats will also be introduced.</p>
Jellyfish (4 to 5 years old)	<p>This class is for children who are comfortable in the water & have a good understanding of swimming form and technique. Freestyle form & technique will be introduced. Children should be able to swim to the first set of flags or further in their own. Streamlines & backstroke will be introduced. They will also work on swimming a length of the pool on their own.</p>
Stingrays (6 to 12 years old)	<p>This class is for older children who have little or no prior swim experience. Our instructors will work with children to get comfortable with the water before moving them forward with more difficult skills. Basic skills like kicks, putting their face in the water, stroke refinement & breathing techniques.</p>
Dolphins (6 to 12 years old)	<p>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.</p>
Sharks (6 to 12 years old)	<p>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.</p>
Mini-Team (5 to 10 years old) & (11 to 17 years old)	<p>This 60-minute class is a pre-swim team class designed to get your child ready for the swim team. This class will focus on stroke refinement & techniques, proper starts & finishes and flip turns. Since swim team is the goal of this class, endurance will be a main priority.</p>

