



Private & Semi Private Lesson Information

The Private/ Semi-private swim lesson program offers swimming lessons, in a 6-lane, 25-yard heated pool, year-round for anyone who wants to perfect their skills in swimming. Private swimming lessons provide the greatest flexibility and one-on-one attention. All ages are welcome. Individual needs are discussed and skills will be taught to meet those needs. Lessons are offered throughout the week at various times of the day and are 30 minutes long. Lesson Packages are available as well as individual lessons. To request Private or Semi-private swim lessons please complete a request form at the Front Desk by calling, coming in or going online at:

www.caldwell-nj.com/communitycenter.

Private Swim Lessons

Members

1 Lesson	\$45
4 Lessons	\$150
8 Lessons	\$260
16 Lessons	\$480

Non-Members

1 Lesson	\$50
4 Lessons	\$180
8 Lessons	\$320
16 Lessons	\$600

Semi-Private Swim Lessons (Price per Swimmer)

Members

1 Lesson	\$35
4 Lessons	\$110
8 Lessons	\$180
16 Lessons	\$300

Non-Members

1 Lesson	\$40
4 Lessons	\$140
8 Lessons	\$240
16 Lessons	\$430

SPRING 2018 PRIVATE/SEMI-PRIVATE LESSONS & SPECIALTY CLASSES



*Building a tradition
one stroke at a
time!!!*

CONTACT US:

1 Provost Square
Caldwell, NJ 07006
973-228-7665

Website:

www.caldwell-nj.com/communitycenter

Facebook :

<https://www.facebook.com/CaldwellCommunityCenter/>



Please refer to the
Spring 2018 Swim School
trifold for Regular
Swim School classes.

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 toilet 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.

Racing Skills

Pay for 6 class, get 7. The make-up is already built in.

Get ahead of the competition & start focusing on techniques to help you blast off the blocks, power through the underwater dolphin kicking, & explode into your breakouts. Let us teach you how to make the most of your streamline as well as teach you drills on how to improve upon these skills.

Starts:

- **BODYLINE:** Learn to set your arms, legs and core in a confident and comfortable position for a more powerful start.
- **ENTRY:** Work on eliminating water resistance for the tightest possible entry.
- **BREAKOUT:** Your breakout should be the fastest part of your race! Improve your timing for a smooth breakout.

Turns and Finishes:

- **TIMING:** Learn to plan your turn several strokes away from the wall.
- **SPEED:** Practice drills for a tight, fast and powerful turn.
- **FINISHES:** Learn to excel your speed into the wall.

Thursday
4:15pm-5:00pm
7 Weeks
April 12th to May 24th
Members: \$175/Non-Members: \$225

Sunday
10:45am-11:30am
7 Weeks
April 8th to May 20th
Members: \$175/Non-Members: \$225

Competitive Stroke

Pay for 6 class, get 7. The make-up is already built in.

This class is designed for children who want to join a swim team or want the training and feel of a swim team without the commitment. Prior to joining the class children must be able to swim 50 yards of freestyle with rotary breathing and backstroke. They must also have a basic knowledge of breaststroke and butterfly.

Tuesday and Fridays
4:30pm-5:15pm
7 Weeks
April 10th to May 25th
Members: \$275/Non-Members: \$350

Saturday
11:00am-12:00pm
7 Weeks
April 7th to May 19th
Members: \$200/Non-Members: \$275

Sunday
8:30am-9:30am
6 Weeks
April 9th to May 20th
Members: \$200/Non-Members: \$275