

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.

- 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 or coming in.

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

**SUMMER 2018
SPECIALITY CLASSES
& PRIVATE/SEMI-
PRIVATE LESSONS**



CONTACT US:

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

Website:

www.caldwell-nj.com/communitycenter



Please refer to the
Summer 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 potty trained must wear a disposable swim diaper and a rubber swim diaper.**

Racing Skills

Pay for 4 classes, get 5. 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.

Sunday
10:45am-11:30am
5 Weeks
July 22nd to August 19th
Members: \$134/Non-Members: \$184

Competitive Stroke

Pay for 4 weeks/classes, get 5.
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
5 Weeks
July 24th to August 24th
Members: \$184/Non-Members: \$236

Saturday
11:00am-12:00pm
5 Weeks
July 21st to August 18th
Members: \$134/Non-Members: \$184