



2024 Spring SWIM LESSONS

Registration begins March 29th, 2024 9:00AM

Register on RecDesk: OCNJ.RECDESK.COM



Saturdays - April 13th - May 18th

Tadpoles - Parent & Tot: 6 months - 3 ½ years old

Saturdays 9:00am - 9:30am (See above)

Parent/Adult participation required. This class is designed to introduce and acclimate your young child to the water. Participating adults will learn holding positions, cues, and how to have a positive first experience with the water.

Members - \$45 Non-Members - \$90



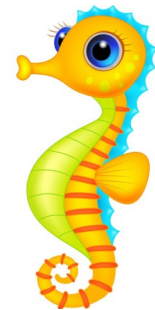
Sea Horse - Level 1: must be 3 ½ years old

Saturdays 9:35am - 10:05am (See above)

Saturdays 10:15am - 10:45am (See above)

This level emphasizes comfort in the water. Skills introduced in this level are: Putting face in; bobbing, front and back floats with assistance; blowing bubbles; kicking; and arm strokes.

Members - \$45 Non-Members - \$90



Guppy & Minnow - Level 2-3 must be 3 ½ years old

Saturdays 9:00am - 9:45am (See above)

This level introduces basic skills to ready the swimmer for independent movement in the water. Skills introduced in this level are: submerging; front and back floats unassisted; breathing; flutter kicking; turning over; beginning strokes on front and back. Students begin to coordinate learned skills into strokes. Skills introduced in this level are front and back crawl, retrieving submerged objects, elementary backstroke, and treading water. **(Goggles Recommended)**

Members - \$60 Non-Members - \$120





Shark - Level 4-5

Saturdays 10:00am - 10:45am (See previous page)

Students begin to coordinate learned skills into strokes. Skills introduced in this level are front and back crawl, retrieving submerged objects, elementary backstroke, and treading water. Swimmers improve strokes and develop endurance. Skills introduced in this level include breaststroke kick, diving, turns and treading water. **(Goggles Allowed)**

Members - \$60 Non-Members - \$120

Level 6: Private & Semi Lesson Only

Coordinate and refine previous strokes. Skills taught in this level are open and flip turns, butterfly, stride jump, and breast stroke. Refine strokes so students swim them with more ease, efficiency, power and smoothness over greater distances.

Adults: Private & Semi Lesson Only

Swimmers 18 years of age or older that would like to learn, refine swimming strokes, or that would like to become more comfortable in the water.

PRIVATE LESSONS

MEMBERS:

\$25 PER ½ HOUR

NON-MEMBERS:

\$50 PER ½ HOUR

SEMI PRIVATE LESSONS

MEMBERS:

\$20 PER ½ HOUR PER CHILD

NON-MEMBERS:

\$40 PER ½ HOUR PER CHILD

Please Note: Private/Semi-Private require a private lesson inquiry in RecDesk. OCNJ.RecDesk.com. Private lessons are by appointment and depend on the availability. First input a private lesson inquiry at no cost to be contacted and assigned an instructor. When you arrive for a private swim lesson, please check in at front desk. Payment is due prior to the scheduled lesson. Please show instructor your receipt. Cancellation - 12 hour notice to the instructor must be given. If notice is not given you will be charged for the lesson. Participants arriving late will not have make up time. If you are more than 10 minutes late, the lesson will be considered a no show and you will be charged for the lesson.

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