



Spring Group Swim Lessons!

REGISTRATION BEGINS: MONDAY, MARCH 30TH, 2026 AT 9:00 AM

REGISTER ON RECDESK: OCNJ.RECDESK.COM

SATURDAYS - APRIL 11TH - MAY 2ND (4 LESSONS)

Dates - (4/11, 4/18, 4/25, 5/2)



OCNJ.RECDESK.COM

Tadpoles – Parent & Tot: 6 months – 3 years old

Saturdays 9:05am - 9:35am

Parent/Adult participation is required. This class is designed to introduce and acclimate your young child to the water. Adults will learn proper holding positions, cues, and how to create a positive first experience, while children will practice water basics such as bubble blowing, assisted back floats, and arm and leg movements. The main focus is to help your child feel comfortable in the water in a fun and positive environment.

Members - \$30 Non-Members - \$60

Membership options for children ages 0-3 include: Enrollment in a free Child Membership (ages 0–3) must be completed in person at the Aquatic and Fitness Center **before registration on March 30th, 2026**. Alternatively, you may purchase a Youth Membership (ages 0–17) or include the child under a Family Membership. **For more information, contact the front desk at (609) 398-6900.**

Sea Horse – Level 1: 3 years old to 8 years old

Saturdays 9:40am - 10:10am & 10:15am - 10:45am

This level emphasizes comfort in the water. Skills introduced at this level include putting the face in, bobbing, front and back floats with assistance, blowing bubbles, kicking, and arm strokes. **(Non-nose covering goggles are encouraged)**

Members - \$30 Non-Members - \$60

Guppy & Minnow – Level 2–3: 4 years old – 8 years old

Saturdays 9:05am - 9:50am

This level introduces basic skills to prepare swimmers for independent movement in the water. Skills introduced at this level include submerging, front and back floats unassisted, breathing, flutter kicking, turning over, and beginning strokes on the front and back. As students' progress, they begin to coordinate learned skills into strokes. Additional skills introduced at this level include front and back crawl, retrieving submerged objects, elementary backstroke, and treading water.

Members - \$40 Non-Members - \$80 (Non-nose covering goggles are encouraged)

Shark – Level 4–5: must be 5 years old

Saturdays 10:00am - 10:45am (See Previous Page for Dates)

Students begin to coordinate learned skills into strokes. Skills introduced at this level include front and back crawl, retrieving submerged objects, elementary backstroke, and treading water. Swimmers will improve their strokes and develop endurance. Additional skills introduced at this level include the breaststroke kick, diving, turns, and treading water.

Members - \$40

Non-Members - \$80 (Non-nose covering goggles are encouraged)

Adults: Private & Semi Lesson Only

Please fill out a Private Swim Lesson Form, available at the Front Desk of the Aquatic & Fitness Center.

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

PRIVATE LESSONS

MEMBER: \$40 PER ½ HOUR

NON - MEMBER: \$50 PER ½ HOUR

SEMI-PRIVATE LESSONS

MEMBER: \$25 PER ½ HOUR PER CHILD

NON - MEMBER: \$35 PER ½ HOUR PER CHILD

If you are interested in private lessons, please complete the Private Lesson Inquiry Form available at the front desk and return it once completed. Private lessons are scheduled by appointment and depend on instructor availability, the pool schedule, and your availability. Once your form is submitted, an instructor will contact you when they become available. On the day of your lesson, check in at the front desk and inform them of your instructor's name. Payment is required prior to the scheduled lesson, and you must provide your receipt to your instructor upon arrival. A minimum of 12 hours' notice is required for cancellations; otherwise, you will be charged for the lesson. If you arrive late, the lesson will still end at the originally scheduled time, and if you are more than 10 minutes late, the lesson will be considered a no-show and you will be charged for the session.

Ocean City Aquatic & Fitness Center

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(609) 398-6900

