

THE ADIRONDACK CLUB IS A PROUD PROVIDER OF APPROVED AMERICAN RED CROSS SWIM INSTRUCTION. ALL OF OUR SWIM INSTRUCTORS ARE AMERICAN RED CROSS WATER SAFETY CERTIFIED.

SWIM SCHOOL POLICIES

- All classes are 30 minutes long.
- There are **NO** make-up classes for holidays, illness, or personal vacation.
- There will be no classes Sunday, April 1st (Easter Sunday) and April Vacation Week—Sunday April 15th through Saturday April 21st.
- The Adirondack Club reserves the right to close the pool to free swim according to programming size.
- **Non-members are not permitted to swim recreationally before or after their swim lesson.**
- If The Adirondack Club cancels class, a make-up class will be determined by the Aquatics Director.
- Program credit, **not a refund**, will be issued with a doctor's note if 50% or more of the classes are missed due to illness.
- There must be a minimum of 2 children for a class to be held.
- Your paid **online** registration confirms your child's spot in class.
- **You will only be contacted if there is not room in the class you requested.**

Our group classes are designed to produce skilled, confident and happy swimmers with a low student to instructor ratio:

- ♦ PRE-SCHOOL, LEVEL 1 AND LEVEL HAVE A **MAXIMUM OF 4 STUDENTS**
- ♦ LEVEL 3 HAS A **MAXIMUM OF 5 STUDENTS**
- ♦ LEVELS 4, 5 AND 6 HAVE A **MAXIMUM OF 6 STUDENTS**

WE OFFER PRIVATE AND SEMI-PRIVATE SWIM LESSONS. EACH LESSON IS 30 MINUTES AND CAN BE SCHEDULED AT AN AGREED UPON TIME WITH THE AQUATICS DIRECTOR PROVIDED WE HAVE POOL SPACE AND AN AVAILABLE INSTRUCTOR.

PRIVATE 30 MINUTE LESSON

FULL CLUB MEMBER: \$33

CHILD OF FITNESS MEMBER: \$37

NON-MEMBER: \$42

SEMI-PRIVATE 30 MINUTE LESSON

MINIMUM OF 2, MAXIMUM OF 4 CHILDREN

FULL CLUB MEMBER: \$19 PER CHILD

CHILD OF FITNESS MEMBER: \$22

NON-MEMBER: \$25 PER CHILD

CONTACT MELISSA FULLER, AQUATICS DIRECTOR 508-541-1400 EXT 220 OR MFULLER@ADIRONDACKCLUB.COM

FOR MORE INFORMATION OR TO SCHEDULE PRIVATE OR SEMI-PRIVATE LESSONS.



ADIRONDACK SWIM SCHOOL

SPRING 2018

SUNDAY, MARCH 18 THROUGH SUNDAY, MAY 27TH
9 WEEKS

NO CLASSES:
EASTER SUNDAY, APRIL 1ST OR
APRIL VACATION
SUNDAY APRIL 15TH THROUGH SATURDAY
APRIL 21ST

MEMBERS: \$ 135
NON-MEMBERS: \$189

SIGN-UP ONLINE AT:
WWW.ADIRONDACKCLUB.COM

NEED LOGIN INFORMATION?
CALL OR STOP BY OUR FRONT DESK
508-541-1400

SPRING 2018 CLASS OFFERINGS:

<u>Parent and Child</u>				
Saturday 10 a.m.				
<u>Pre-School</u>				
Sun:	9:00	9:30		
Mon:	9:30	4:00		
Wed:	9:00	3:30	4:00	
Sat:	9:00	9:30	10:30	
<u>Level 1</u>				
Sun:	9:00	9:30		
Mon:	4:00			
Tue:	1:00	4:30		
Wed:	4:30			
Thu:	4:00			
Sat:	9:00	9:30	10:00	
<u>Level 2</u>				
Sun:	10:00			
Mon:	4:00	4:30		
Tues:	10:30	4:00		
Wed:	10:30	4:30		
Thu:	10:30	4:30		
Sat:	9:00	9:30	10:00	
<u>Level 3</u>				
Sun:	9:30	10:00		
Mon:	4:30			
Tue:	11:00	5:00		
Wed:	4:30			
Thu:	4:30			
Sat:	9:00	9:30	10:30	
<u>Level 4</u>				
Sun:	9:30			
Mon:	5:00			
Wed:	5:00			
Thurs:	4:00			
Sat:	9:30	10:00		
<u>Level 5</u>				
Sat:	10:30			
Sun:	10:00			
<u>Level 6</u>				
Thurs:	4:30			
Sat:	10:30			

CLASS DESCRIPTIONS

PARENT & CHILD

This class is designed for children ages 6 months and up and the goal is to get the child comfortable in the water with their parent. Basic skills will be introduced: blowing bubbles, floating on front and back with support and submerging underwater. Games, songs and group activities make the class a fun and educational experience.

PRE-SCHOOL AQUATICS

Pre-school is designed for children who are ready to have fun while learning skills without their parent in the water. Front and back floating with support, submerging mouth and face while blowing bubbles and kicking and scooping using combined arm and leg actions with support are some of the skills that will be introduced.

LEVEL 1: INTRODUCTION TO SKILLS

For children who are comfortable entering and exiting the water independently. Children should be able to use the barbell independently and glide on their front for at least 2 body lengths and roll to their back.

LEVEL 2: FUNDAMENTAL SKILLS

Children are able to swim on their front for a few body lengths using both arms and legs, are comfortable getting in to the back float position and can jump in from the side to the instructor. Children will learn how to back float, change direction while swimming, tread water and basic water safety skills.

CLASS DESCRIPTIONS

LEVEL 3: STROKE DEVELOPMENT

For children who are swimming at least half the length of the pool independently on their front and back and can tread water. Children will learn the coordination of arms, legs and breathing for the front crawl, will continue to work on the back crawl and elementary backstroke (for approximately 15 yards) and will begin the basics of the breaststroke.

LEVEL 4: STROKE IMPROVEMENT

Children should be able to proficiently swim the front crawl, back crawl and elementary backstroke for one length of the pool. Students will continue to work on diving, will learn the butterfly and will continue to refine the breaststroke. Strokes will be refined at this level and we will continue to build endurance.

LEVEL 5: STROKE REFINEMENT

In Level 5, students will refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and side stroke) and increase their distances. Survival skills are introduced as well as flip turns on their front and back.

LEVEL 6: STROKE PROFICIENCY

The objective for Level 6 is to refine strokes so students swim them with more ease, efficiency, power, and smoothness over greater distances. Level 6 will focus on: personal water safety, fundamentals of diving and fitness swimming.