SPORTS CLUBS For Kids

NYSC | BSC | WSC | PSC

SWIM ACADEMY SCHEDULE

Summer 2018 June 18th-July 29th | July 30th - September 2nd |

FUNDAMENTALS

WATER BABIES | WATER TOTS | TADPOLE | PRESCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00pm Preschool				9:00am Water tots	
					10:00am Water tots	
					11:00am Preschool	

CORE

BEGINNER (BRONZE, SILVER, GOLD) | ELEMENTAL | ADVANCED BEGINNER (BRONZE, SILVER, GOLD)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00pm BG Bronze	5:30pm BG Gold	6:00pm AB Gold			9:30am BG Bronze	
6:30pm BG Bronze	6:00pm BG Silver				10:30am Elemental	
6:30pm AB Gold					10:30am BG Bronze	
					12:00pm Elemental	
					12:30 AB Gold	

SKILL & STROKE DEVELOPMENT

INTERMEDIATE | SWIM TEAM PREP (BRONZE, SILVER, GOLD) | SWIM CONDITIONING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			5:00pm Swim Team		1:00pm Intermediate	
			6:30pm Intermediate			

SPECIALTY

ADULT NOVICE, NOVICE PLUS, INTERMEDIATE | COMPETITIVE TRAINING | SWIM TEAM CONDITIONING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					11:00am Adult Novice	
					11:30am Swim Team	

PRIVATE SWIM LESSONS

Private lessons provide individualized attention to students allowing them to learn at their own pace. Private lessons are available for children and adults. Lessons are 30-minutes and are available in reoccurring memberships of 4 or 8 lessons per month, packages of 4 or 8 lessons, or sold as a single session. Semi-private options are available at an added cost for 2 or 3 participants of similar abilities.

RATES

	MEMBER	NONMEMBER	KIDS MEMBER
30-MIN GROUP	$153	$169	N/A
45-MIN GROUP	$184	$205	N/A
60-MIN GROUP	$214	$241	N/A
SWIM PACK - 4	$220	$264	N/A
SWIM PACK - 8	$400	$480	N/A
SWIM MBRSHP - 4	$200	$240	N/A
SWIM MBRSHP - 8	$360	$440	N/A
PRIVATE - SINGLE	N/A	N/A	N/A

Refund Policy: All program sales are final. There are no refunds or credits. Inclement Weather Policy: Parents should call the facility one hour before the scheduled class time to inquire if a class is canceled. If we cancel a class due to inclement weather or pool closure, we will accommodate a make-up for that class by the end of the session. Make-up Policy: We will endeavor, but cannot guarantee, make-ups for missed classes. We do not grant make-ups in the case of a no show or no notice. Make-up classes are based on availability and may not be the same time, day, or instructor. Once a make-up class is scheduled, it may not be rescheduled. Registration Policy: There will be a $25.00 registration fee for group swim purchases that occur after the start of the session. Fees are subject to change periodically, but all attempts are made to ensure the fees listed are current. Group swim lessons are valid 180 days from date of purchase. Private lesson memberships have a 30 day expiration from bill date and must be used by next billing or lessons are forfeited. The memberships can be placed on freeze (by parent or guardian) for up to one year. The monthly freeze fee is $15.00 per month. The memberships can be cancelled (by parent or guardian) with a 30 day advanced notice. Private lesson packages have a 60 day expiration (for 4 packs) and a 90 day expiration (for 8 packs).

NYSC Morris Park | 1601 Bronxdale Ave. | 781.828.0611

Swim Academy Levels & Descriptions

FUNDAMENTALS

WATER BABIES (WB)
Ages 6 – 12+ months • Guardian required • 30 minutes • 8:1 ratio

Join your baby in the pool in this fun and safe introduction to the water. The focus is on getting your child comfortable in the water as well as learning water safety, water play and developing primary swim skills.

WATER TOTS (WT)
Ages 12 – 36 months • Guardian required • 30 minutes • 8:1 ratio

Tots learn swim skills in the safe and secure arms of the parent. Circle time activities and songs make it fun as tots blow bubbles, kick and float. Confidence improves with the ability to separate from parent.

TADPOLE (TAD)
Ages 2 – 4 years • Guardian required • 30 minutes • 6:1 ratio

Children transition away from the parent and become comfortable with the instructor through play. Through group activities and games, blowing bubbles, kicking and floating on both their fronts and backs is reinforced. Buoyancy and maneuverability are developed.

PRESCHOOL (PS)
Ages 3 – 4 years • 30 minutes • 3:1 ratio

This class is ideal for first-timers or children who are timid around water. By learning basic kicking, arm strokes, and submerging their faces, students feel more safe and comfortable in the water. Children learn safety rules, glides, freestyle arm strokes, backstrokes and floating while supported by the instructor.

CORE

BEGINNER - BRONZE (B-B)
Ages 4 – 6 years • 30 minutes • 3:1 ratio • Assessment required

Ideal for children who have some experience in the water but cannot swim and could benefit from learning basic swim techniques. Students who can submerge their faces may take this class. Topics covered include safety rules, supported glides/floating, retrieving toys, 5-yard freestyle with and without their face in the water, 5-yard underwater swim, introduction to elementary backstroke and breaststroke.

BEGINNER - SILVER (B-S)
Ages 5 – 7 years • 30 minutes • 4:1 ratio • Assessment required

This class is for swimmers able to swim on their own but need to work on their movement and endurance. Students practice swimming with their face in the water and learn how to use their buoyancy to sink vertically and resurface. Topics covered include safety rules, unsupported glides/floating, rhythmic breathing, retrieving toys, 10-yard freestyle with and without their face in the water, 10-yard underwater swim, 10-yard backstroke, elementary backstroke and breaststroke arms.

BEGINNER - GOLD (B-G)
Ages 5 – 8 years • 30 minutes • 4:1 ratio • Assessment required

This class is great for kids new to swimming on their own. Students become comfortable swimming freestyle 5–10 yards and learn how to coordinate stroke, kick and breathing techniques. The topics covered include safety rules, treading water for 30 seconds, breaststroke and basic whip kick. Students increase their endurance to swim 10 yards of freestyle and backstroke using proper form.

ELEMENTAL (ELEM)
Ages 6 – 10 years • 30 minutes • 4:1 ratio

Same as the Beginner series but designed for older children who need to practice the basics.

ADVANCED BEGINNER - BRONZE (AB-B)
Ages 6 – 8 years • 30 minutes • 4:1 ratio • Assessment required

Kids comfortable swimming 5–10 yards will learn to coordinate stroke, kick and breathing techniques. Topics covered include safety rules, rotary breathing, treading water for 60 seconds, introduction to breaststroke and dolphin kick, elementary backstroke with inverted whip kick, and building the endurance to swim 20 yards of freestyle and backstroke with proper form.

ADVANCED BEGINNER - SILVER (AB-S)
Ages 6 – 9 years • 30 minutes • 5:1 ratio • Assessment required

This class builds on the skills learned in Advanced Beginner – Bronze by refining the strokes learned and swimming longer distances. Objective is to be able to swim half of the length of the pool.

ADVANCED BEGINNER - GOLD (AB-G)
Ages 7 – 10 years • 30 minutes • 5:1 ratio • Assessment required

This class builds on the skills learned in Advanced Beginner – Bronze by refining the strokes learned and swimming longer distances. Objective is to be able to swim the entire length of the pool.

SKILL & STROKE DEVELOPMENT

INTERMEDIATE (INT)
Ages 7 – 10 years • 30 minutes • 5:1 ratio

Kids able to swim half-lengths of the pool with good technique will learn advanced skills such as bilateral breathing and the scissor kick. Topics covered include safety skills and developing a breaststroke. Further development includes freestyle, backstroke, dolphin kick and stroke coordination. 25-yard endurance training using freestyle and backstroke in addition to completing four continuous and correct cycles of the breaststroke are covered.

SWIM TEAM PREP - BRONZE (STP-B)
Ages 8+ years • 45 minutes • 5:1 ratio

In order to take this class students must be able to do a breaststroke and be able to swim full lengths of the pool using proper freestyle and backstroke techniques. Students focus on advanced freestyle, back, breast, butterfly and side strokes. Swimmers build the endurance to swim laps for most of a 45-minute class while developing their stroke coordination during swims of 25 yards using each stroke.

SWIM TEAM PREP - SILVER (STP-S)
Ages 8+ years • 45 minutes • 6:1 ratio

Students learn advanced techniques and build endurance for swim competition. Increased endurance, flip turns, backstroke count, 50-yard butterfly, 100-yard individual medley (freestyle, backstroke and breaststroke), stroke efficiency, increased speed, and ability to work off of a pace clock are covered. Students will swim continuously for 20 minutes during a couple of segments.

SWIM TEAM PREP - GOLD (STP-G)
Ages 8+ years • 45 minutes • 8:1 ratio

Students learn advanced techniques and build endurance for swim competition. Increased endurance, flip turns, backstroke count, 75-yard butterfly, 200-yard individual medley (freestyle, backstroke and breaststroke), stroke efficiency, increased speed, 500 freestyle and ability to work off of a pace clock are covered.

SWIM CONDITIONING (SC)
Ages 9+ years • 60 minutes • 10:1 ratio

Structured like a swim team practice, this class strengthens advanced techniques and builds endurance for competition. Competitive skills, development of stroke efficiency, speed and strength are the goals. Swimmers build their endurance so they can swim 30 continuous minutes.

Specialty level descriptions can be found on our website (www.mysportsclubs.com/kids) or by contacting the Kids Desk.