

**FUNDAMENTALS**

**WATER BABIES | WATER TOTS | TADPOLE | PRESCHOOL**

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

**CORE**

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

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

2:30pm B-B

**SKILL & STROKE DEVELOPMENT**

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

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

**SPECIALTY**

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

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

4:00pm STC-L2

4:00pm INT

**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 membership packages of 4 or 8 lessons per month 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
<b>30-MIN GROUP</b>	\$168	\$196
<b>45-MIN GROUP</b>	\$205	\$239
<b>60-MIN GROUP</b>	\$242	\$281
<b>PRIVATE SWIM MEMBERSHIP - 4</b>	\$216	\$256
<b>PRIVATE SWIM MEMBERSHIP - 8</b>	\$384	\$464
<b>PRIVATE SWIM - SINGLE SESSION</b>	\$58	\$68

*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 lessons 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.*

**NYSC | BSC | WSC | PSC**

Stamford Post | 106 Commerce Road | 203.323.6611

# 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](http://www.mysportsclubs.com/kids)) or by contacting the Kids Desk.*