

## SPRING 2012

### Adult Schedule

Weekdays Jan. 3 - Mar. 30 (13 Weeks)

Sundays Jan. 8 - May 20 (16 Weeks)

Adult C :60	Time	Tuition
Tuesday	10:30a	234.00
Wednesday	10:00a	234.00
Thursday	10:30a	234.00
Thursday	11:30a	234.00
Friday	10:00a	234.00
Sunday	10:00a	288.00

Adult B :60	Time	Tuition
Tuesday	9:30a	\$234.00
Wednesday	9:00a	234.00
Thursday	9:30a	234.00
Friday	9:00a	234.00
Sunday	11:00a	288.00

#### Adult A & +Fitness :90

	Time	Tuition
Tuesday	8:30a	\$351.00
Wednesday	8:30a	351.00
Thursday	8:30a	351.00
Friday	8:30a	351.00

+ Fitness is higher in intensity

#### Private Lessons for Adult Beginners

Tuesday, Wednesday, Thursday, Friday

Noon - 3:00p

:30 - \$40.00 / :45 - \$60.00 / :60 - \$80.00

**Call 908.464.1995 To Schedule**

#### RECREATIONAL / LAP SWIMMING

Monday	12:00p - 2:30p
Tuesday	11:00a - 2:30p
Wednesday	8:30a - 12:00p
Thursday	11:00a - 12:30p
Friday	8:30a - 12:00a

## THE ART OF AGING

*The mainstream of geriatric research over the past twenty years has shown that the way we age is largely a consequence of life-style choices, and that a much higher quality of life is available to almost anyone who is willing to work at it.*

“The Way We Age Now” by Atul Gawande

### Welcome to The Berkeley Swim School Adult Program

Our professional staff of adult instructors, teachers and coaches is poised and ready to address your swimming needs at all levels and abilities. If you are just learning to swim, or are an accomplished swimmer, we will provide an instructor who will motivate and teach you so that you can progress to the next level. This process may take some time and some perseverance and we will work with you at your own pace. “Water is an incredible resource for fitness because it simultaneously provides buoyancy and resistance. Water exercise works for everyone, every body and every ability level.”

If you miss a class for whatever reason, please feel free to make it up in one of the other classes but always at the same level. We will also be flexible with the times should you be running behind schedule or wish to begin your class at an earlier time.

[www.berkeleyaquatic.org](http://www.berkeleyaquatic.org)

Click on Swim School

**908.464.1995**

## Spring 2012

Weekdays

Jan. 3 - March 30 (13 Weeks)

Sundays

Jan. 8 - May 20 (16 Weeks)

No class Feb. 5, Mar. 4, Apr. 8



**Summer Prep**

April 17 - June 1

Box 215, 649 Springfield Avenue, Berkeley Heights, NJ 07922  
[www.berkeleyaquatic.org](http://www.berkeleyaquatic.org) / **908.464.1995**

# Berkeley Swim School Spring 2012 Adult Classes Registration Form – Adult Classes

Please fill out this form completely. A **25% FEE** will be charged for any Cancellation. **NO** refunds after first class.

Student's Name \_\_\_\_\_ Class \_\_\_\_\_ Days \_\_\_\_\_ Times \_\_\_\_\_ 2nd Choice \_\_\_\_\_

Address \_\_\_\_\_ Town \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone ( ) \_\_\_\_\_ Cell Phone ( ) \_\_\_\_\_ Email Address \_\_\_\_\_

## ADULT PROGRAMS

### SWIMMING FOR SENIORS: 60 PLUS

\$3 Per Visit

#### C LEVEL: WATER BASICS

We start with simple, safe exercises to learn balance. As soon as you master balance – the feeling of being completely and effortlessly supported by the water – you'll stop fighting "that sinking feeling" and feel more comfortable than ever. You'll also learn every subsequent skill much faster. Balance is the foundation skill of efficient swimming. Until you learn it, all your movements will be tiring and inefficient. Learn to swim and enjoy the experience.

Skills: *Floating, Submersion, Treading Water, Freestyle, Elementary Backstroke and Backstroke.*

#### B LEVEL: MORE SKILLS

Now that you can get across the pool, we'll begin to work on learning other ways of moving through the water. You'll begin to use your skills for recreation. We'll work on increasing your comfort, learning new strokes and building confidence in the water.

Skills: *Breathing Patterns, Backstroke, Breaststroke and Flexibility Drills.*

#### A LEVEL: ENDURANCE

The A team enjoys a mixed session of both instruction and practice. These swimmers have developed enough swimming endurance to swim for a period of time with rotary breathing but wish to learn new strokes, improve efficiency and use swimming as a form of exercise.

Skills: *Turns, Backstroke, Breaststroke, Butterfly, Pace Clock Understanding, Enhancing Workouts.*

### FITNESS – EXPERIENCED SWIMMERS

Swimmers who participate in a 90 min. coach directed practice. These sessions will include warm-up and swim down, aerobic, anaerobic and skill sets. Master level swimmers, cross trainers, and triathletes are welcome.

### BAC MASTERS SWIM TEAM

Master's is a group of swimmers who get together regularly to swim in coach-directed workouts. This is not a lesson program. Join others who share your passion for swimming.

The first session is free and then there is a \$5 per practice fee. Participants are required to join United States Masters – forms online at BAC website.

#### Schedule September - June

Monday	8:30p - 9:30p
Wednesday	8:30p - 9:45p
Friday	8:00p - 9:00p
Sunday	8:30a - 10:00a

*(Subject to change)*

*Practices are also available at Rutgers*

#### CONTACTS

**Towney Brewster**  
Swim School Director  
towney-bac@juno.com

**Marlene Curtis**  
Adult Instructor/Coach  
marlene-bac@juno.com

**Anne France Saillot**  
Adult Instructor  
anne-france.saillot@comcast.net

**Lisa Rivera**  
Adult Instructor  
lieza82@comcast.net

**Sue Kirk**  
Masters Contact  
sqkirk@gmail.com