

# Winter 2012 Swimming Lessons

## The Berkeley Swim School

January 2 (Monday) – February 12 (Sunday)

Box 215, 649 Springfield Avenue, Berkeley Heights, New Jersey 07922

2 Blocks West of the intersection of Plainfield Avenue and Springfield Avenue; go right on Passaic; 1st driveway on right

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

Click on swim school

908-464-1995

### Winter 2012 Session:

January 2 (Monday) - February 12 (Sunday)

#### Registration begins:

Presently Enrolled:

Drop Off Registration Nov. 14-19

Not Presently Enrolled:

Sunday November 20, 8:30-noon

Other dates will be available for registration



### Spring 1 2012 Session:

February 13 (Monday) - May 12 (Saturday)

#### Registration begins:

Presently Enrolled:

Drop Off Registration Jan. 23-29

Not Presently Enrolled:

Sunday January 30, 8:30-noon

Other dates will be available for registration

"Swimming is unique among all other sports in that it is not just an enjoyable recreational activity, but it is an essential life skill that can save your life or help you save the life of others. The World Health Organization has estimated that as many as 500,000 persons drown each year and in many parts of this country drowning is one of the leading causes of accidental death among school age children. In fact, drowning causes so many deaths that it is frequently classified as a disease. But this is one disease that has an almost 100% foolproof cure - swim lessons."

- *Swimming Hall of Fame*

While we begin to offer classes as early as age 4, some children are still too young to fully gain the benefits of a swim lesson. We have not had much success with the child who is carried in arms to the poolside or with the students who are promised they will never have to put their faces in the water. Teachers, parents and students all need to be brave facing the challenge of this new experience yet sensitive to the individual needs of the child. We treat each child with respect, realizing that development may be varied and inconsistent. For some, swimming will not be learned easily, while others pick up the activity quickly and effortlessly. Each student will be encouraged to progress at his or her own rate.

Students are to be on deck 5 minutes before the scheduled class. Have them use the facilities and positively prepare for the lesson. One piece suits and bathing caps are required on ALL girls and boys with long hair. Goggles are optional but most will want them. Pick up a Metro Swim Shop 10% discount card. Please no masks, goggles that cover the nose, nose plugs, water shoes, rash guards or wet suits. There is a 10 minute locker use after class.

**Make up classes** will be offered if a class has space available but never on the first or last days of a session. Please call if you know you will miss a class so that we can use that spot for a make up opportunity. Call the office on Saturday at noon for the week following.

**Report cards** will not be issued during this brief 6 week session but instructors will indicate as to which level the student should register for Spring 1 classes prior to January 23.

**Observation week** will be in the final class of the session, February 6 - 12. Parents and families are asked to observe ONLY on this date.

**Promotions** or moving up in levels will be done when all skills have been adequately achieved and the instructor gives the okay. This could happen at any time. We will not waste time at Berkeley at any level.

**Private lessons** can possibly be arranged through the aquatic office or call 908 464 1995. Students must be at least 4. Lessons are \$40 per thirty minutes or \$45 for two students of the same family.

The enclosed registration form reserves your place in a class. Payment in full must accompany your registration. The Berkeley Swim School reserves the right to cancel any class in which there is not sufficient enrollment. Class fees are non-refundable after the first class. There will be a 25% fee charged for any cancellation. We accept checks or cash.

### Where does my kid belong?

#### Mommy, Daddy, Aunt, Uncle, Grandpa, Grandma, Nanny, etc. and Me

(age 3&4, in water experience): The range of these young students is from a fearful child to those who are ready to join the regular Berkeley Swim School. The adult will get some exercise and socialization while the child will experience skills such as exhaling under water, floating, kicking and arm strokes on both front and back and rotary breathing. This class will move constantly so as to enhance the exposure to water. Most of these students have gone on to be successful in more formal classes.

**Get Wet** (age 4, 5, K - must be 4 to start a session): Students have not full submerged while blowing bubbles and are not yet crossing the pool on their backs while using a propulsive kick comfortably. This class will prepare students for the Beginner 1 level.

**Beginner 1** (age 4, 5, K - must be 4 to start the session): Students must be comfortable in the water and will put their faces in water and can kick on their backs 40' with a noodle behind their head. Instructors will emphasize a strong kick, rotary breathing, sculling, and a balanced body position. This class will prepare students for the Advanced Beginner 1 level.

**Advanced Beginner 1** (age 4, 5, K - must be 4 to start the session): Students have passed all Beginner 1 skills. While not performing perfect lateral breathing patterns, they have a propulsive kick on front and back, can listen and follow directions, recover arms over water and streamline off walls. This is the highest level achieved before entering the 1st grade.

**Beginner 2** (1st Grade - 9 Years): Students have not yet learned rotary breathing in coordination with arm strokes and a propulsive kick.

**Advanced Beginner 2** (1st Grade - 10 Years): Students have passed all Beginner 2 skills and are proficient in freestyle and backstroke. Instructors will emphasize bilateral breathing, breaststroke and dolphin kicks, somersaults and elementary backstroke.

**Intermediates** (ages 8-11): Students have passed all Advanced Beginner skills including bilateral breathing, elementary backstroke, dolphin kick, breaststroke kick and a front somersault. Instructors will emphasize coordination of breaststroke and butterfly, flip turns and endurance. This level is taught in deep water.

**Young Adult "B"** (ages 10-13): Beginner and advanced beginner level swimmers interested in learning and improving crawlstroke and backstroke. This level is taught in shallow to deep water.

**Young Adult "A"** (ages 11-14): Intermediate level students who wish to coordinate the breaststroke, butterfly, and flip turns and improve endurance. This level is taught in deep water and will help prepare students for swim teams and lifeguarding.

Recreational/Lap swimming hours are available for \$4 per visit. The schedule is posted online.

# Winter 2012 The Berkeley Swim School

January 2 (Monday) – February 12 (Sunday)

## PRE-SCHOOL PROGRAMS / AGES 3, 4, 5, AND KINDERGARTEN

### CLASS / DAYS / COST / TIMES

#### Mommy, Daddy, Aunt, Uncle, Grandma, Grandpa, Nanny, etc. and Me

(3 & 4 year olds – must be at least 3 to start the session) up to :30 min.

Tuesday	60	11:00
Friday	60	10:30

#### Get Wet (4,5,K – must be 4 to start the session) :30 min.

Monday	\$81	12:30, 1:30, 3:30, 5:00
Tuesday	81	9:30, 1:30, 3:30
Wednesday	81	10:00, 3:30, 5:30
Thursday	81	10:00, 11:00, 3:30, 5:30
Friday	81	10:00, 5:30
Saturday	81	10:00, 11:00, 12:00, 1:30, 2:00, 4:00
Sunday	68	10:15 <i>No class January 29</i>

### CLASS / DAYS / COST / TIMES

#### Beginner 1 (4,5,K – must be 4 to start the session) :30 min.

Monday	\$81	12:00, 2:00, 4:00, 5:30, 6:00
Tuesday	81	10:00, 11:30, 1:00, 2:00, 4:00, 4:30, 5:30
Wednesday	81	9:30, 10:00, 11:30, 4:00, 4:30, 5:00, 6:00
Thursday	81	10:30, 11:30, 4:00, 5:00
Friday	81	9:30, 11:00, 4:00, 5:00, 6:00, 6:30
Saturday	81	10:00, 10:30, 11:30, 12:30, 1:30, 3:00, 4:30
Sunday	68	9:45, 10:45 <i>No class January 29</i>

#### Advanced Beginner 1 (4,5,K – must be 4 to start the session) :30 min.

Monday	\$81	1:00
Tuesday	81	10:30, 12:30
Wednesday	81	9:30, 5:30
Thursday	81	9:30, 4:00
Friday	81	3:30, 6:30
Saturday	81	1:00, 3:30
Sunday	68	9:45 <i>No class January 29</i>

#### Beginner 2 (1st Grade – 9 years) :30 min.

Monday	\$81	4:00, 4:30, 5:00, 6:00, 6:30
Tuesday	81	3:30, 4:30, 5:00, 5:30, 6:00
Wednesday	81	11:00, 3:30, 4:30, 5:00, 6:00, 6:30
Thursday	81	4:30, 5:00, 6:00
Friday	81	4:00, 4:30, 5:00, 7:00
Saturday	81	10:30, 11:00, 12:00, 12:30, 2:00, 2:30, 3:30, 4:30, 5:30
Sunday	68	9:15, 10:15, 10:45, 11:15 <i>No class January 29</i>

#### Advanced Beginner 2 (1st Grade – 10 years) :30 min.

Monday	\$81	3:30, 4:30, 5:30, 6:30
Tuesday	81	4:00, 5:00, 6:00
Wednesday	81	10:30, 4:00, 6:30
Thursday	81	3:30, 4:30, 5:30
Friday	81	3:30, 4:30, 5:30, 6:00
Saturday	81	11:30, 1:00, 2:30, 4:00, 5:00, 6:00
Sunday	68	9:15, 11:15 <i>No class January 29</i>

#### Intermediate (Ages 8-11)

Monday	\$81	4:00 (:30 min.)
Tuesday	81	4:00 (:30 min.)
Wednesday	122	10:30 (:45 min.)
Thursday	81	4:00 (:30 min.)
Friday	81	4:00 (:30 min.)
Saturday	122	5:15, 6:00 (:45 min.)
Sunday	101	10:15 (:45 min.) <i>No class January 29</i>

#### Young Adult B (Ages 10-13) :30 min.

Thursday	81	6:00
Friday	81	7:00
Saturday	81	3:00

#### Young Adult A (Ages 11-14)

Wednesday	\$81	4:00 (:30 min.)
Saturday	122	5:15, 6:00 (:45 min.)
Sunday	101	11:00 (:45 min.) <i>No class January 29</i>

Classes are 30 & 45 minutes in length. Parents are asked to have their children on the deck 5 minutes before the class ready to participate. Swimmers should wear one piece suits without pockets. Latex, nylon or silicon caps should be worn by swimmers to keep hair out of faces. There is a 10 minute limit for students to use the changing rooms before and after class.

## Winter 2012 Berkeley Swim School Schedule - REGISTRATION FORM

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

Students' Name \_\_\_\_\_ Age \_\_\_\_\_ Class \_\_\_\_\_ Days \_\_\_\_\_ Times \_\_\_\_\_ 2nd Choice \_\_\_\_\_

Parent's Name \_\_\_\_\_ / \_\_\_\_\_ Phone (H) (\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_ Town \_\_\_\_\_ Zip \_\_\_\_\_ Phone (C) (\_\_\_\_) \_\_\_\_\_