

# BERKELEY SWIM SCHOOL SUMMER 2010 CLASSES

Classes Run Monday - Friday

LEVEL	Session #1: June 21 – June 25 (1 Week)	FEE
Get Wet .....	2:30 ..... 3:30 ..... 4:30 ..... 5:30 .....	\$ 65
Beginner 1 .....	2:00 ..... 3:00 ..... 4:00 ..... 5:00 ..... 6:00 .....	\$ 65
Advanced Beginner 1 .....	4:00 ..... 5:00 .....	\$ 65
Beginner 2 .....	2:00 2:30 3:00 3:30 ..... 4:30 ..... 5:30 6:00 .....	\$ 65
Advanced Beginner 2 .....	2:00 .....	\$ 65
Intermediate :45 .....	3:15 .....	\$ 98
Young Adult B .....	2:30 .....	\$ 65

LEVEL	Session #2: June 28 – July 9 (2 Weeks) No Class July 5	FEE
Get Wet .....	9:30 ..... 10:30 ..... 11:30 ..... 1:30 ..... 2:30 ..... 3:30 ..... 5:30 ..... 6:30 .....	\$ 117
Beginner 1 .....	9:00 ..... 10:00 10:30 ..... 1:30 2:00 ..... 3:00 ..... 6:00 6:30 .....	\$ 117
Advanced Beginner 1 .....	11:00 ..... 2:00 ..... 3:00 .....	\$ 117
Beginner 2 .....	9:00 ..... 10:00 ..... 11:00 11:30 1:00 ..... 2:00 2:30 ..... 3:30 ..... 5:30 6:00 .....	\$ 117
Advanced Beginner 2 .....	9:30 ..... 10:30 ..... 11:30 ..... 2:00 ..... 3:00 .....	\$ 117
Intermediate :45 .....	9:30 ..... 1:00 ..... 3:00 .....	\$ 176
Young Adult B .....	9:30 ..... 1:30 .....	\$ 117
Young Adult A :45 .....	11:30 .....	\$ 176

LEVEL	Session #3: July 12 – July 23 (2 Weeks)	FEE
Get Wet .....	9:30 ..... 10:30 ..... 11:30 ..... 1:30 ..... 2:30 ..... 3:30 ..... 5:30 ..... 6:30 .....	\$ 130
Beginner 1 .....	9:00 ..... 10:00 10:30 ..... 1:30 2:00 ..... 3:00 ..... 6:00 6:30 .....	\$ 130
Advanced Beginner 1 .....	11:00 ..... 2:00 ..... 3:00 .....	\$ 130
Beginner 2 .....	9:00 ..... 10:00 ..... 11:00 11:30 1:00 ..... 2:00 2:30 ..... 3:30 ..... 5:30 6:00 .....	\$ 130
Advanced Beginner 2 .....	9:30 ..... 10:30 ..... 11:30 ..... 2:00 ..... 3:00 .....	\$ 130
Intermediate :45 .....	9:30 ..... 1:00 ..... 3:00 .....	\$ 196
Young Adult B .....	9:30 ..... 1:30 .....	\$ 130
Young Adult A :45 .....	11:30 .....	\$ 196

LEVEL	Session #4: July 26 – July 30 (1 Week)	FEE
Get Wet .....	10:00 ..... 11:00 ..... 2:30 .....	\$ 65
Beginner 1 .....	9:30 ..... 10:30 ..... 11:30 ..... 1:30 2:00 ..... 3:00 3:30 .....	\$ 65
Advanced Beginner 1 .....	10:00 ..... 2:30 .....	\$ 65
Beginner 2 .....	9:30 10:00 10:30 11:00 11:30 ..... 1:30 2:30 3:00 3:30 .....	\$ 65
Advanced Beginner 2 .....	10:30 ..... 2:00 ..... 3:30 .....	\$ 65
Intermediate :45 .....	9:30 ..... 11:00 ..... 1:30 ..... 3:00 .....	\$ 98
Young Adult B .....	10:30 ..... 2:00 .....	\$ 65
Young Adult A :45 .....	11:00 ..... 2:30 .....	\$ 98

LEVEL	Session #5: August 2 – August 6 (1 Week)	FEE
Get Wet .....	9:30 ..... 10:30 ..... 2:30 .....	\$ 65
Beginner 1 .....	9:00 ..... 10:00 10:30 ..... 1:30 2:00 ..... 3:00 3:30 .....	\$ 65
Advanced Beginner 1 .....	9:30 ..... 11:00 ..... 2:30 .....	\$ 65
Beginner 2 .....	9:00 9:30 10:00 ..... 1:30 2:30 3:00 3:30 .....	\$ 65
Advanced Beginner 2 .....	9:00 ..... 10:00 11:00 ..... 2:00 ..... 3:30 .....	\$ 65
Intermediate :45 .....	10:00 ..... 1:30 ..... 3:00 .....	\$ 98
Young Adult B .....	10:30 ..... 2:00 .....	\$ 65
Young Adult A :45 .....	11:00 ..... 2:30 .....	\$ 98

## FALL REGISTRATION BEGINS FRIDAY, JULY 30, 9:30-12:00, 1:30 - 6:30

All 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 long hair out of faces. There is a 10 minute limit for students to use the changing rooms after class. An observation day will be conducted on the last day of each session and parents are asked to visit **ONLY** on this day. Missed classes can be made up in subsequent sessions. Call the office to arrange all make up classes. Office number (908) 464-1995.

The Berkeley Swim School • Box 215 Berkeley Heights NJ 07922 • (908) 464-1995 or [www.berkeleyaquatic.org](http://www.berkeleyaquatic.org)  
2 blocks West of Plainfield Avenue on Springfield Avenue, right side.

## SUMMER - '10 BERKELEY SWIM SCHOOL SCHEDULE REGISTRATION FORM

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

CHECK SESSION(S):     Session #1 (1wk)     Session #2 (2wks)     Session #3 (2wks)     Session #4 (1wk)     Session #5 (1wk)

Students' Name	Age	Level	Session #	Times
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

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

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

# THE BERKELEY SWIM SCHOOL

Box 215  
649 Springfield Avenue  
Berkeley Heights NJ 07922  
www.berkeleyaquatic.org

## Summer '10 Sessions:

- #1 June 21 - June 25 (1 week)
- #2 June 28 - July 9 (2 weeks)
- #3 July 12 - July 23 (2 weeks)
- #4 July 26 - July 30 (1 week)
- #5 August 2 - August 6 (1 week)

## All Registrations Begin:

Sunday, May 16, 8-10:30am & 1-3:00pm



## Fall Session:

Sept. 9 - Dec. 19

## All Registrations for Fall Begin:

Friday, July 30  
9:30am-12:00pm & 1:30-6:30pm

"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*

## Where does my kid belong?

**Get Wet** (age 4, 5, K - *must be 4* to start the session): Students are new to the water and /or are timid about putting their faces in water. This small class will be taught in shallow water and will prepare students for Beginner levels.

**Beginner 1** (age 4, 5, K - *must be 4* to start the session): Students are comfortable in 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.

**Advanced Beginner 1** (age 4, 5, K - *must be 4* to start the session): While not yet performing perfect bilateral breathing pattern, they have a propulsive kick, can listen, follow directions and perform at a higher level than Beginner 1 students. Summer classes are in deep water.

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

**Advanced Beginner 2** (1st Grade - 10 Years): Students have passed all Beginner skills and can swim unaided with rotary breathing. Instructors will emphasize bilateral breathing, breaststroke and dolphin kicks, and somersaults. Summer classes are in deep water.

**Intermediates** :45 min. (ages 7-11): 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 "A"** :45 min. (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.

**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.

Recreational/Lap swimming summer hours are 10:30am - 3:30pm for \$4 per visit.

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.

Before each class, students are asked to use the bathroom facilities and to positively prepare for the lesson. Bathing suits and smiles are required of all students, as well as bathing caps *on all girls and boys with long hair*. Goggles are an option, but please, no masks, nose plugs, water shoes, rash guards or wet suits.

Report cards reflecting what the student has learned will be given each session. Students will receive report cards just before the time of the registration date. Reports will vary with teachers. There are no report cards for Winter, Spring 2, or 1 week Summer Sessions.

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. Makeup classes can be arranged in subsequent sessions.

Private lessons arrangements are made through the Aquatic Office 908-464-1995. Thirty minute lessons are \$40, \$45 for two in the same family.

Observation days are on the final day of each session.

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 nonrefundable after the first class. There will be a 25% fee charged for any cancellation. We accept checks or cash.

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

**908.464.1995**

**Click on Swim School**