

SWIM SCHOOL CLASS DESCRIPTIONS

PRESCHOOL PROGRAMS (Ages 6 months- 6 years)

Little Splashers (6-18 MONTHS)

Parents will accompany their child ages 6 months- 18 months, in the pool to acquaint them with the water environment. An instructor provides guidance in how to help your child develop coordination, motor skills, balance and social skills in the water. Swim diaper or rubber pants required for those not toilet trained.

Little Guppies (18- 36 MONTHS)

Little Guppies is the next step for children ages 18-36 months to continue water exploration with their parents. An instructor will provide guidance to help with children as they are being introduced to beginner swimming skills

Goldfish (3- 6 years)

This level will help children become more comfortable in the water. Children will learn to move independently through the water and feel comfortable on their front and back with instructor assistance. This class will work on reaches as well as putting their face in the water. Children will learn face and ear submersion, front and back float and reaches with instructor guidance and water safety skills.

Angelfish (3- 6 years)

This level is for the swimmer who is comfortable being in the water on their own. Children should be able to hold their breath and blow bubbles underwater. They should also be able to float and their front and back without assistance. Children will learn to swim to the 1st flags on their stomach and back. Rhythmic breathing, treading water and deep water comfort will be introduced. Water safety skills will be reviewed.

Betafish(3- 6 years)

This level is for children, who can swim half a lap on their front and back on their own and go underwater. Children will learn to swim 1 length of the pool on their stomach with rotary breathing and on their back, basic breaststroke will be taught. Diving skills will also be introduced as well as treading water. Water safety skills will be enforced.

Toughfish (3- 6 years)

In the class swimmers will be taught the basics of breaststroke and butterfly. Arm and leg action for these strokes will be taught along with timing and breathing. Swimmers must be able to swim 1 length of the pool on their front with rotary breathing and on their back.

Jellyfish (3- 6 years)

A recommendation is required to register for this class. This level is for the swimmer that can swim 1 length on their front and back and basic knowledge of breaststroke and butterfly. Increasing endurance is the main focus of this class. Skills for all four strokes will be reviewed and maintained. The goal of this class is to advance to our Competitive Stroke class for Swim Team preparation.

YOUTH PROGRAMS (AGES 7-13)

Clownfish (Ages 7-13)

Introductory Beginners for school aged children, no previous water experience is required, Children may be apprehensive or cautious about the water. Adjustment to face and ear submersion and individual exploration with instructor supervision will be taught. Children will also learn to float on both their front and back and well as kicking on their front and back with and without a flotation device. Water safety is a primary goal.

Stargazer(Ages 7-13)

This level is for children, who can float on their front and back on their own, swim on their front and back by themselves and go underwater. Children will learn to swim to the first flags on their stomach with rotary breathing and on their back. Rhythmic breathing, treading water and deep water comfort will be introduced. Water safety skills will be reviewed.

Drumfish (Ages 7-13)

For this level children need to be able to swim ½ a length on their front & back with basic knowledge of rotary breathing. Children will learn to swim 1 length of the pool on their stomach with rotary breathing & on their back, basic breaststroke will be taught. Diving skills will be introduced and treading water reviewed. Water safety skills will be enforced. Technique is the focus of this level.

Roughfish (7-13 years)

In the class swimmers will be taught the basics of breaststroke and butterfly. Arm and leg action for these strokes will be taught along with timing and breathing. Swimmers must be able to swim 1 length of the pool on their front with rotary breathing and on their back.

Zebrafish(Ages 7-13)

A recommendation is required to register for this class. This level is for the swimmer that can swim 1 length on their front and back and basic knowledge of breaststroke and butterfly. Increasing endurance is the main focus of this class. Skills for all four strokes will be reviewed and maintained. The goal of this class is to advance to our Competitive Stroke class for Swim Team preparation.

SPECIALTY CLASSES

Competitive Stroke (Pre-Swim Team) Weekdays Ages 7-15

This class is designed for children who want to join a swim team or want the training and feel of a swim team without the commitment. Prior to joining the class children must be able to swim 50 yards of freestyle with rotary breathing and backstroke. They must also have a basic knowledge of breaststroke and butterfly. This class meets Tuesday and Friday for 45 minutes.

Competitive Stroke (Pre-Swim Team) Weekends Ages 7-15

This class is designed for children who want a more intense swim class but can not come to Competitive Stroke during the week. Prior to joining the class children must be able to swim 50 yards of freestyle with rotary breathing and backstroke. They must also have a basic knowledge of breaststroke and butterfly. This class meets for one hour Saturday or Sunday.

Starts and Turns

This class is appropriate for swimmers that can swim 2 lengths freestyle with basic knowledge of rotary breathing, 1 length backstroke swim, & 1 length of breaststroke swim. Turns will be taught for each stroke. Individuals need to be comfortable going into the water headfirst. Diving starts for all 4 strokes will be taught.

* This class is not intended for those who do not have a basic concept of diving*

SPECIAL POPULATIONS SWIM LESSONS

This class is designed for children with disabilities, ages 3-21, any swim level. Please call Jessica Blechar, Aquatics Supervisor, before registering for the first time. See Swim School Chart for class times

SWIM SCHOOL GUIDELINES

*To eliminate distractions parents are allowed to sit on the bleachers

***All children not toilet trained must wear a disposable swim diaper and rubber swim diaper**

*Please select the level that best suits your child. If you have any questions please speak with someone from Aquatics

*If the instructor feels your child is placed in the wrong level, you will be informed via phone during the week before your next lesson

*Instructional swim apparatus will be provided.

*In the event that an instructor cannot teach a class a substitute will be provided

*Instructors cannot be requested for group lessons nor can gender.

*Tuition is non-refundable under any circumstances

***In order to achieve the greatest benefit from swim lessons, attendance at every class is highly recommended. For safety reasons, make up classes are not available due to instructor/student ratios. Refunds and credits will not be issued due to absences.**

NO PHOTOGRAPHY OR VIDEOGRAPHY ALLOWED IN THE POOL AREA .

Have any questions?

Come to the Caldwell Community Center, 1 Provost Square, Caldwell or call 973-228-7665.

We can now register you over the phone with any major credit card.

Check us out on the web, www.caldwell-nj.com/communitycenter