

The Newark Recreation Swim Lesson Program

provides the highest quality of swim instruction available. We look at swim instruction as a necessary life skill and want to make swimming an enjoyable lifelong activity for you and your family. Lessons are tailored to age and skill within a level. Remember not to compare your child's progress with other swimmers as everyone learns at a different pace. Children are tested on the first day of each session and placed into the appropriate class level. We hope that you enjoy your swimming experience with us and welcome any of your comments or suggestions. Swim lessons run for a short session (typically 8 lessons for weekday and 4 or 5 lessons for Saturdays or Sundays). You can sign up for any session or as many sessions as you like. (They do not need to be concurrent.) This flexible approach allows you the benefit of meeting your family's schedule.

REGISTRATION DEADLINES:

Registration deadlines are firm. We will not accept any registrations after the deadline has passed. It is best to register in advance to ensure your class is available.

Lesson Registration closes

Weekday "day before" at 12:00pm
Saturday "Fri. before" at 12:00pm
Sunday "Sat. before" at 12:00pm

REFUND/MAKEUP POLICY:

Due to the popularity of our program we have a fairly strict refund policy. You have 24 hours from the time of registration in which to request a refund (all refunds have a \$15 processing fee), or transfer to another time/session (based on class availability). After 24 hours, there are no refunds given. Transfer may be granted up to 3 business days prior to the session starting if there is space available. Transfers have a \$15 processing fee.

Please note: There are no make-up classes and/or credits/refunds for any classes missed due to accident, injury, illness, or personal scheduling conflicts. Doctor's notes will not be accepted.

SWIM LESSON PROFICIENCY:

Students must have a specific mastery of the skills/proficiency before moving to the next level as well as meet all the exit skill requirements.

Proficiency is determined by staff. We reserve the right to move your child from the class you signed up for to one that is more developmentally appropriate.

Aquatot Lessons: Ages 6 months - 3 years

This interactive class is for parents and children. The instructor will lead the parents through a variety of skills to teach their child. The parent is the primary instructor for their child and is required to be in the water with the child in a swim suit. Children must wear a swim diaper under their suit. The class is designed to get the child comfortable in the water and to begin to work on entry-level swim readiness skills. Upon successful completion or age advancement the student will move into the preschool lesson program. Instructor to student ratio 1:10.

Competitive Swim Lessons: Ages 7-17 years

This course is designed for those who have completed the youth Level 5, or age group swimmers who no longer have their swim team workouts. Class will focus on the 4 main competitive strokes in a structured swim workout environment. Classes are 45 minutes long. Instructor to student ratio 1:10

Adult/Teen Lessons: Ages 13+ years

This course is designed to help adults meet their swim lesson needs from beginner to advance and focusing on the individual needs of each student. Classes are 40 minutes long. Instructor to student ratio 1:6

Semi Private Preschool Lessons: Ages 3-5 years

Looking for more individualized instruction for your preschooler; then this may be the course for you. This course is taught like a normal preschool swim lesson but with less students per instructor. You get more individualized instruction for your \$\$\$. Instructor to student ratio 1:2

Semi Private Youth Lessons: Ages 6-12 years

This course is more individualized as it goes through the Youth lesson program with less students per instructor. Instructor ratio 1:2

Preschool Swim Lessons: Ages 3-5 years

This course offers all swimming levels for children ages 3-5 yrs. Children work on water exploration and adjustment skills such as bubble blowing, putting face in the water, and floating with support. They will progress to more advanced skill such as front crawl and back stroke. Instructor to student ratio 1:4.

Youth Swim Lessons: Ages 6-12 years

This swim lesson program offers all swimming levels for your child. Levels range from the first level in which students start to develop good attitudes and safe practices around the water all the way to Level 5; where students are swimming all the basic strokes (freestyle, backstroke, breaststroke, and butterfly). Instructor to Student ratio 1:8 depending upon level.

Private Lessons: Ages 3+ years

1 on 1 individualized instruction for those looking for a more personalized approach. These lessons are completely focused on working on what you want to work on. Every effort is made to schedule the same instructor for each of your sessions; however, we cannot guarantee it. Registration is available online or in person. We will make every effort to fulfill your request, but due to the popularity of private lessons they are on a first come first serve basis. Classes are 30 minutes long.

YOUTH SWIM LESSONS



Weekday Lessons: 8 classes

- Session 1: Mon/Wed 9/4-9/27
* No class on 9/4
- Session 1: Tue/Thu 9/5-9/28
- Session 2: Mon/Wed 10/2-10/25
- Session 2: Tue/Thu 10/3-10/26
- Session 3: Mon/Wed 10/30-11/29
*No classes on 11/20 & 11/22
- Session 3: Tue/Thu 11/2-11/30
*No classes on 10/31, 11/21 & 11/23



Weekend Lessons: 5 Classes

- Session 1: Sat 9/9-10/7
 - Session 1: Sun 9/10-10/8
 - Session 2: Sat 10/14-11/11
 - Session 2: Sun 10/15-11/12
- *Please note that prices will vary depending on sessions with fewer classes.

Aquatot Lessons (6 mo-3 years)

Weekday: 4:30pm Tue/Thu only.....	Fee R/NR \$72/\$79
Weekend: 9:00am * 25 minutes.....	\$52/\$57

Competitive Swim Lessons (7-17 years)

Weekday: 4:15pm.....	Fee R/NR \$109/\$121
Weekend: 9:00am.....	\$156/\$164

Teen Group Lessons (13-17 years)

Weekday: 7:00pm Mon/Wed only.....	Fee R/NR \$109/\$121
Weekend: 9:00am Sun only.....	\$156/\$164

Semi Private Preschool Lessons (3-5 years)

Weekday: 4:30pm.....	Fee R/NR \$144/\$158
Weekend: 9:00am.....	\$156/\$164

Semi Private Youth Lessons (6-12 years)

Weekday: 4:30pm.....	Fee R/NR \$144/\$158
Weekend: 9:00am.....	\$156/\$164

Preschool Group Swim Lessons (3-5 years)

Weekday: 1:00pm**, 5:00pm, 5:30pm, 6:00pm, 6:30pm **Tue/Thu Only...	Fee R/NR \$72/\$79
Weekend: 9:45am, 10:30am, 11:15am.....	\$78/\$86

Youth Group Swim Lessons (6-12 years)

Weekday: 5:00pm, 5:30pm, 6:00pm, 6:30pm.....	Fee R/NR \$72/\$79
Weekend: 9:45am, 10:30am, 11:15am.....	\$78/\$86

Private Lessons (3+ years)

Weekday: 4:00pm, 7:00pm.....	Fee R/NR \$288/\$302
Weekend: 12:00pm	\$180/\$189

Swim Lessons

ADULT SWIM LESSONS

Private Lessons (18+ years)

Weekday: 4:30pm, 7:00pm
Weekend: 12:00pm

Fee R/NR

\$288/\$302
\$180/\$189



Weekday Lessons: 8 Classes

Session 1: Mon/Wed 9/4-9/27 * No class on 9/4 (Labor Day)
Session 1: Tue/Thu 9/5-9/28
Session 2: Mon/Wed 10/2-10/25
Session 2: Tue/Thu 10/3-10/26
Session 3: Mon/Wed 10/30-11/29 *No classes on 11/20 & 11/22
Session 3: Tue/Thu 11/2-11/30 *No classes on 10/31 or 11/21 & 11/23

Weekend Private Lessons: 5 Classes

Session 1: Sat 9/9-10/7
Session 1: Sun 9/10-10/8
Session 2: Sat 10/14-11/11
Session 2: Sun 10/15-11/12

*Please note that prices will vary depending on sessions with fewer classes.

(NEW!) Adult Group Lessons (18+ years)

Conquering Your Fear of the Water - Saturdays 9am-9:45am Only (9/9-11/11)
Swimming with Ease - Mondays 7pm-7:45pm Only (9/11-11/13)
Fitness Swimming – Wednesdays 7pm-7:45pm ONLY (9/6-11/8)

Fee R/NR

\$136/\$151
\$136/\$151
\$136/\$151

Conquer Your Fear of the Water: This class is designed to help adults who are learning to swim, or are uncomfortable in the water. We will progress at each individual's own pace in a supportive environment so as to experience one of the most relaxing, low-impact, types of exercise. If you can learn to be comfortable in the water, you're one step closer to being a confident swimmer! Ratio 1:4 minimum, 1:6 maximum

Swimming with Ease: This class is designed for those who are comfortable underwater but need help swimming laps efficiently. We will develop a solid foundation of swimming skills, focusing on technique and gracefulness. Freestyle will be the main focus with a lot concentration of proper breathing and balance in the water. Additionally, you'll be introduced to the other variety of swim strokes such as breaststroke, backstroke, elementary backstroke and sidestroke. Ratio 1: 4 minimum, 1:6 maximum

Swimming for Fitness: This class is intended to prepare you for a Masters Swimming program or general lap swimming. This class will focus on building your endurance through freestyle training. We will also practice the fundamentals of the other strokes: backstroke, breaststroke, and butterfly. We will also work on flip turns and treading water. Ratio 1: 4 minimum, 1:6 maximum

(NEW!) FREE ADULT SWIM LESSON! (18 YEARS)

Come check out our new adult programming, meet the instructors and schedule your assessment! Your complimentary, 30 minute adult group swim lesson session is by appointment only on the following dates. Register online to reserve your assessment slot!

FREE ADULT SWIM LESSON & ASSESSMENT

Day	Date	Time	#	Fee
Mon	8/28	6:30pm	1	Complimentary
Thurs	8/31	6:30pm	1	Complimentary