

Prepare Your Child for Summer Swimming!

June 21- August 16

8 weeks (No Class July 4th)

Cost: \$200

9 weeks

Cost: \$225



732.292.4475

\$20 OFF

When you purchase
before May 31st 2010

Parent & Me (6 mos- 3 yrs)

Water exploration-this program will introduce your child to the water & safety in a group environment.

Monday- Friday 8:30-9am
Saturday 9:00-9:30am, 10-10:30am,
11-11:30am

Bluefish (Ages 3 and up)

Elementary skills, including face submersion, floating, kicking, and how to enter and exit pools.

Monday- Friday 8:00-8:30am, 8:30-9am,
3:30-4pm, 4:00-4:30pm,
4:30-5pm
Saturday & Sunday 9:00-9:30am, 9:30-10am,
10-10:30am, 10:30-11,
11-11:30am

Sea Lions (Approx. Ages 4-5)

Swimmers will begin to coordinate kicks and paddles, full submersion, of head and breath control.

Monday - Friday 8:00-8:30am, 8:30-9am,
3:30-4pm, 4:00-4:30pm, 4:30-5pm
Saturday & Sunday 9:00-9:30am, 10-10:30am,
10:30-11am, 11-11:30am

Dolphins (Approx. Ages 5-6)

Continuation of skills developed in Sea Lions, freestyle & backstroke skills, and introduction to rotary breathing and treading water.

Monday- Friday 3:30-4pm, 4:00-4:30pm, 4:30-5pm
Saturday 9:30-10am, 10:30-11am, 11:30-12pm

Beginner Youth (Ages 6 & up)

Monday- Friday 8:30- 9:00am , 4:00-4:30pm, 4:30-5pm
Saturday & Sunday 9:00-10am

Our teaching method is skill based and goal oriented, resulting in stronger and more confident swimmers! Emphasis on breathing control based on "La Methode Gruenberg" enhances swim performance at all levels.



THE AQUATICS CENTER
at The Atlantic Club

1904 Atlantic Avenue, Manasquan, NJ 08736