

# Atlantic Club Swim Academy



## Winter Sessions!

### January 2nd-February 12th (Winter I)

6 Week Session

\$160 -30 min.

\$210-45 min.



### February 20th-April 6th (Winter 2 )

7 week Session (except April 7th & 8th, 6 week session)

\$180- 30 min. ( 7 week)

\$235-45 min. (7week)

6 week session: \$160-30 min.

\$210-45 min.

*\*All classes meet once a week*

*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.*

### Parent & Me (6 mos- 3 yrs)\*

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

Monday	9:30-10am or 10:30-11am
Tuesday	9:30-10am, 10:30-11am or 6-6:30pm
Wednesday	9:30-10am, 10:30-11am or 1:00-1:30pm
Thursday	9:30-10am, 10-10:30am or 6:00-6:30
Friday	9:30am - 10:00 or 10:30-11am
Saturday	9-9:30am, 11-11:30am or 11:30-12pm
Sunday	9:30-10am, 10:30-11am or 11-11:30am

### Bluefish (Ages 3 and up)

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

Monday	9:30-10am, 10-10:30am, 11-11:30am, 1:00pm -1:30pm or 4-4:30pm
Tuesday	10-10:30am, 11-11:30am, 4-4:30pm or 5-5:30pm
Wednesday	10-10:30am, 10:30-11am, 1-1:30pm, or 4-4:30pm
Thursday	10-10:30am, 11-11:30am 1-1:30pm, 4-4:30pm or 5-5:30pm
Friday	9:30-10am, 10-10:30am, 11-11:30am, 1:00-1:30pm or 4-4:30pm
Saturday	9:30-10am, 10-10:30am, or 10:30-11am
Sunday	9-9:30am, 9:30-10am, or 10-10:30am

### Sea Lions (Approx. Ages 4-5)

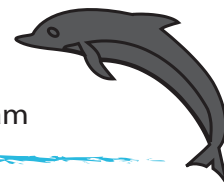
Swimmers will begin to coordinate kicks and paddles, full submersion, of head and breath control.

Monday	10-10:30am, 11-11:30am, 1:30-2pm, or 4:30-5:00pm
Tuesday	9:30-10am, 10-10:30am, 1:30-2pm, 4:30-5pm, or 5:30-6pm
Wednesday	9:30-10am, 10-10:30am, 11-11:30am, 1:30-2pm, or 4:30-5pm
Thursday	9:30-10am, 10:30-11am, 1:30-2pm, 4:30-5pm or 5:30-6pm
Friday	9:30-10am, 10-10:30am, 10:30-11am 1:30-2pm or 4:30-5pm
Saturday	9:30-10am, 10-10:30am, or 10:30-11am
Sunday	9-9:30am, 10-10:30am, or 11:30-12pm

### Dolphins (Approx. Ages 5-6)

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

Monday	4:15-4:45pm
Wednesday	4:15-4:45pm
Friday	4:15-4:45pm
Saturday	11:30-12pm
Sunday	10-10:30am or 11-11:30am



### Beginner Youth (Approx. Ages 6-9)

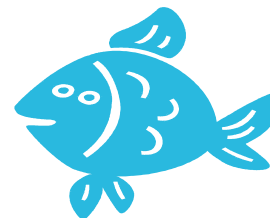
Continuation of skills developed in Dolphin Level. Swimmers can continue working with backstroke & freestyle and build on breaststroke skills.

Tuesday	4:15-4:45pm
Thursday	4:15-4:45pm
Saturday	11:30-12pm
Sunday	10:30-11am

### Entry Level Stroke Clinic (Ages 7 & Up)

Continuation of skills developed in Beginner Youth. Swimmers must be able to swim continuously 25 meters of freestyle and backstroke. Swimmers will continue working on breaststroke skills. Max. 7 swimmers per class.

Tuesday	4:45-5:30pm
Thursday	4:45-5:30pm
Sunday	10:30-11:15am



**\*Make-up sessions available for Parent & Me class ONLY**  
**For more information or to sign up,**  
**Call the Aquatics Office at**  
**(732) 292-4475**