

# **SPRING LAKE AQUATICS PROGRAM**



## **SUMMER 2018 PROGRAM OFFERINGS**

### **PRESCHOOL**

Designed for students between the ages of 3 and 5 years old. Students will become comfortable with the water and will practice and be evaluated on: entering and exiting the water safely, submerge mouth, nose and eyes, exhale underwater, open eyes underwater, pick up a submerged object, float on front and back, explore arm movements, swim on front and back and basic water safety skills.

Cost of the lessons - \$160 for group, \$250 for private.

Class dates and times – 9:45-10:15

Session I – Tue/Thur June 26, 28, July 3, 5, 10

Session II – Tue/Thur July 12, 17, 19, 24, 26

Session III – private lessons – package of 5

Private lesson will only be given when set up by emailing Janet Carbin [janet@springlakeguards.com](mailto:janet@springlakeguards.com). The period that lessons will be given will be from June 27-July 25. You will then follow the registration process through the borough at [www.springlakeboro.com](http://www.springlakeboro.com) click on beaches and pools and follow the prompts.

### **BEGINNER**

Designed for students 6 years old and up. Students will learn to safely enter water, blow bubbles, learn to float on back and front, begin alternate arm movements for front and back crawl, tread in deep water, and begin forward motion in a front and back glide.

Cost of the lessons - \$160 for group, \$210 for private.

Class dates and times – 10:30-11:00

Session I – Tue/Thur June 26, 28, July 3, 5, 10

Session II – Tue/Thur July 12, 17, 19, 24, 26

Session III – private lessons – package of 5

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### **COMPETITIVE STROKE**

Designed for a more confident swimmer looking to further develop their skills. The focus will be on alternate breath and arm action, front and back crawl, breaststroke, butterfly, starts and turns. This class will also work on endurance swimming using stroke drills for competitive swimming. Swimmers will need to be able to swim at least 1 lap of the pool of freestyle to enter this class.

Cost of the lessons - \$160 for group, \$210 for private.

Class dates and times – 11:15=11:45

Session I – Tue/Thur June 26, 28, July 3, 5, 10

Session II – Tue/Thur July 12, 17, 19, 24, 26

Session III – private lessons – package of 5

Private lesson will only be given when set up by emailing Janet Carbin [janet@springlakeguards.com](mailto:janet@springlakeguards.com). The period that lessons will be given will be from June 27-July 25. You will then follow the registration process through the borough at [www.springlakeboro.com](http://www.springlakeboro.com) click on beaches and pools and follow the prompts.

### **MASTERS**

Designed for individuals looking for an organized swimming workout. Novice swimmers to advanced levels are welcome. Participants will enjoy the opportunity to build on their skill and fitness level under the guidance of an experienced swim instructor.

Workouts will be at the North End pool Friday, Saturday, Sunday, and Monday mornings from 7:00-8:00 a.m.

Cost is \$100

Session I – June 27 to August 3.