



The Connection

for Women and Families

79 Maple Street, Summit, NJ 908-273-4242
www.TheConnectionOnline.org

Youth Schedule

SUMMER 2009

June 29 - August 23, 2009

	Mon.	Tue.	Wed	Thu.	Fri.	Sat.	Sun.
Morning						Growing Goldfish 2-3.5yrs 9:30-9:55	Tiny Tugboats 6-18 mos. 9:30-9:55
						Wee Whales 18 mos.-2.5 yrs. 10-10:25	Growing Goldfish 2-3.5yrs 10-10:25
						Tiny Tugboats 6-18 mos. 10:30-10:55	Wee Whales 18 mos.-2.5 yrs. 10:30-10:55
						Jump In & Swim Infant-5yrs. 11-11:55	
Afternoon				Kicks for Kids 4-6 yrs. 3-3:30			Drop In & Play 12-1
				Beg. Karate 7-15 yrs. 3:30- 4:30		Family Floats 2-2:55	
			Ballet/Jazz/Tap I 3-5 yrs. 4:30-5:30	Kicks for Kids 4-6 yrs. 4-4:30			
	Turtles 3-4 yrs. Seahorses 4-6 yrs. 4:30-4:55	Flippers 3-4 yrs. Turtles 3-4 yrs. Crabs 6-8 yrs. 4:30-4:55	Flippers 3-4 yrs. Seahorses 4-6 yrs. Crabs 6-8 yrs. 4:30-4:55	Shrimp 3-4 yrs. Lobsters 4-6 yrs. 4:30-4:55			
	Marlins 6-9 yrs. 4:30-5:10	Swordfish 7-10 yrs. 4:30-5:10	Dolphin 8-12 yrs. 4:30-5:10	Marlin 6-9 yrs. 4:30-5:10			
	Starfish Clinic 10-14 yrs. 4:30-5:25	Hip Hop I 3-5 yrs. Ballet/Tap/Jazz I 6-11 yrs. 4:30-5:30		Hip Hop II 6-11 yrs. Int. Karate 7-15 yrs. Pre-Team Workout 10-14 yrs. 4:30-5:30			
Evening	Flippers 3-4 yrs. Lobsters 4-6 yrs. 5-5:25	Shrimp 3-4 yrs. Seahorses 4-6 yrs. Jellyfish 6+ yrs. 5-5:25	Turtles 3-4 yrs. Shrimp 3-4 yrs. Lobsters 4-6 yrs. 5-5:25	Turtles 3-4 yrs. Seahorses 4-6 yrs. 5-5:25			
				Int. Karate 7-15 yrs. 5:30-6:30			
		Adv. Workout 12+ yrs. 6:30-7:25		Adv. Workout 12+ yrs. 6:30-7:25	Adv. Workout 12+ yrs. 6:30-7:25		

The Connection will be closed on July 4th.

Dated: 6/10/09

RECREATIONAL SWIM

Enjoy family time swimming in the pool. Parents must accompany children in the pool. U.S.Coast Guard-approved life jackets are THE ONLY FLOTATION DEVICES permitted. Children without a parent must be at least 10 years of age. Infants and toddlers must wear two swim diapers: 1) a non-disposable swim diaper with gathered legs and waist (available at Front Desk) over 2) a disposable swim diaper.

FAMILY FLOATS

Enjoy family recreational time in our pool. Bring your own favorite tubes, rafts, and pool toys! Must be accompanied by an adult. Space is limited.

Recreational Swim and Family Floats are **free** for Total Facility members or \$15 family pass for non-members is available at the Front Desk.

JUMP IN AND SWIM

Infants-5yrs. Play time in the pool. Must be accompanied by an adult. Have fun with toys, balls, music and more! \$6.00 daily pass available at the Front Desk. Space is limited.

PARENT/CHILD AQUATICS CLASSES

These classes provide children and their caregivers the opportunity to learn how to be safe and relaxed in the water. Classes teach basic swim skills. Parent must be a Connection member. Children must wear two swim diapers: (1) a non-disposable swim diaper with gathered legs and waist (available at Front Desk) over (2) a disposable swim diaper.

Tiny Tugboats Ages 6-18 mos.

Wee Whales Ages 6 mos.-2½ yrs.

Growing Goldfish Ages 2-3½ yrs.

Classes are 25 minutes \$63

SCHOOL AGE CLASSES

Advanced Workout 55 min., \$112.

Ages 12+. Improve stroke technique and endurance. Must be able to continuously swim 400 yards (16 lengths).

Ballet/Tap/Jazz 1 hr., \$104.

I Ages 3-5. **II** Ages 6-11

Learn ballet, tap and jazz dance movement set to music, rhythms and choreography.

Crabs 25 min., \$84.

Ages 6-8. Child must be able to swim front crawl and backstroke for 20yds. Class is conducted in lap lane. Skills taught: Freestyle, backstroke, intro to breaststroke, and standing dive.

Dolphin 40 min., \$104.

Ages 8-12. Child must be able to swim freestyle, backstroke, breaststroke for 100yds and butterfly for 25yds. Skills taught: refinement and endurance for all strokes and introduction to competitive starts and turns.

Hip-Hop Dance 1 hr., \$104.

I Ages 3-5. **II** Ages 6-11

Funky "street-style" dancing performed to contemporary music.

Jellyfish 25 min., \$84.

Ages 6+. For children who do not feel comfortable in the water. Water adjustment, submersion, floating, jumping and swimming.

Karate Beginner & Intermediate 1 hr., \$104.

Ages 7-15. Health, movement and self-defense. Time and skill requirements are outlined for each belt advancement.

TODDLER/PRESCHOOL AQUATICS CLASSES

These classes are taught in groups without a parent.

Child must be toilet trained, no pull-ups please!

Flippers

Ages 3-4. For a child new to swimming. Skills taught with complete assistance: Water adjustment, kicking front and back, reaching and pulling, blowing bubbles, and floating.

Turtles

Ages 3-4. Child must be comfortable in water and getting full face wet. Skills taught with partial assistance: Paddle stroke, submerging with bubbles, unassisted floating and introduction to deep water.

Shrimp

Ages 3-5. Child must be able to submerge, float and swim 5yds. independently. Skills taught with limited assistance: crawl stroke, rhythmic breathing, intro to back crawl.

Classes are 25 minutes \$84

Kicks for Kids - Karate 30 min., \$84.

Ages 4-6. Pre-karate class focuses on flexibility, agility and balance.

Lobsters 25 min., \$84.

Ages 4-6. Child must be able to swim front and back crawl for 15yds. Class is mainly conducted in deep water. Skills taught: Rotary breathing, introduction to backstroke, and kneeling dive.

Marlin 40 min., \$104.

Ages 6-9. Child must be able to swim freestyle and backstroke for 25yds. Skills taught: endurance in freestyle and backstroke, breaststroke, butterfly kick and diving from blocks.

Pre-Team Workout 55 min., \$112.

Ages 10-14. Child must be able to swim 300yds using a combination of all four competitive strokes. Designed for young athletes looking to further develop their skills as a competitive swimmer through the use of swim team workouts.

Seahorses 25 min., \$84.

Ages 4-6. Child must be able to swim crawl stroke and kick on back for 10yds. Skills taught: Front crawl with introduction to rotary breathing, back crawl, independence in deep water.

Starfish Clinic 55 min., \$112.

Ages 10-14. Child must be able to swim 200yds using a combination of all four competitive strokes. Skills taught: Refinement on competitive strokes, technique, starts and turns.

Swordfish 40 min., \$104.

Ages 7-10. Child must be able to swim freestyle and backstroke for 50yds and breaststroke for 25yds. Skills taught: focus on butterfly, stroke refinement, flip turns, and diving off blocks.