

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

SWIMMING FOR PARENT/CHILD PRESCHOOL SCHOOL AGE

Spring 2014 April 7th – June 15th

101:10-104 Wee Winkies 13-36 mos. 100-10.30 Try Tugboat 6-18 mos. 101:15-10-45 Try Tugboat 6-18 mos. 101:15-10-45 Try Tugboat 6-18 mos. Charles 10:30-1100 10:45-11:15 Charles 10:30-1100 10:45-11:15 900-430 10:30-1100 10:45-11:15 900-430 10:30-1100 10:41:15 900-430 10:30-1100 10:41:15 900-430 10:30-1100 10:41:15 900-430 10:30-1100 10:41:15 900-430 10:30-1100 10:41:16:10 yrs. 900-430 10:30-1100 10:41:16:10 yrs. 900-430 10:30-1100 10:41:16:10 yrs. 900-430 10:30-1100 10:41:16:10 yrs. 900-430 10:30-1100 10:41:16:10 yrs. 900-430 10:41:10 yrs. 900-10:30 10:30-1100 900-	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:15-10:46 Wee Whate 13.3 mos. 10:15-10:45 Thy Tupboat 5-18 mos. 10:15-10:45 Thy Tupboat 5-18 mos. 10:15-10:45 Thy Tupboat 5-18 mos. 10:15-10:45 Tupboat 5-18 mos. Coving Goldin 2-4yrs Coving Goldin 10:30-11:00 Coving Goldin 2-4yrs Coving Goldin 2-4yrs Coving Goldin 2-4yrs Simm 3-5 yrs. Simm 3-5 yrs. 9:00-9-45 Simm 3-5 yrs. 9:00-9-45 Level 2-10 yrs. 9:00-9-45 11:15-11:15 Growing Goldinis 2-4yrs 11:10-12:00 Jump n Swim 11:15-11:15 Seahorse 4-6yrs 11:20-12:00 Jump n Swim 11:20-12:00 Jump n Swim 11:20-12:00 Jump n Swim 11:20-12:00 Jump n Swim 11:20-2:00 Shimp 3-5 yrs. 9:345-0:30 Jump n Swim 9:345-0:30 Seahorse 4-6 yrs. 9:345-0:30 Jump n Swim							
18-36 mos. 6-18 mos. 6-18 mos. 6-18 mos. 2-4ys Shimp 3-5 yrs. 309-345 9-00-345 1045-11:15 Shimp 3-5 yrs. 1045-11:15 Turtles 3-5 yrs. 1045-11:15 Turtles 3-5 yrs. 1045-11:15 Turtles 3-5 yrs. 10-01-120 Seatorse 4-6yrs. 9-00-345 Level 2-10 yrs. Level 3-12 yrs. 9-00-345 11:15-11:45 Growing Goldish Turtles 3-5 yrs. 11:16-11:45 Seatorse 4-6yrs. 11:15-11:45 Seatorse 4-6yrs. 11:16-11:45 Seatorse 4-6yrs. 9-00-345 12:0-210 Turtles 3-5 yrs. 9:00-445 Level 3-12 yrs. 9:00-45 140-22:00 Shimp 3-5 yrs. 11:16-11:45 Seatorse 4-6yrs. 11:16-11:45 Seatorse 4-6yrs. 11:16-11:45 Seatorse 4-6yrs. 9:00-100 Turtles 3-5 yrs. 9:00-100 Shimp 3-5 yrs. 100-10-103 Shimp 3-5 yrs. 0:00-10-103 Shimp 3-5 yrs. 0:00-10-103 Shimp 3-5 yrs. 0:00-10-103 Shimp 3-5 yrs. 0:00-10-103 Shimp 3-5 yrs. 1	10:15-10:45	10:00-10:30	10:15-10:45	10:15-10:45			Wee Whales18-36mos.
10:45-11:15 Shrimp 3-5 yrs. 10:45-11:10 Turtles 3-5 yrs. 10:45-11:15 Wee Whates 11:36-120 Strimp 3-5 yrs. 10:45-11:15 Wee Whates 11:36-120 Strimp 3-5 yrs. 10:45-11:15 Wee Whates 11:36-120 Strimp 3-5 yrs. 9:00-455 Use 12:51:15 Seatorse 4-6 yrs. 9:00-455 Law 12:51 yrs. 9:00-455 Law 12:51 yrs. 11:15-11:45 Shrimp 3-5 yrs. 11:15-11:45 13:36 mos. 9:30-10:00 1mg 1:12:265 1mg 3-5 yrs. 9:30-10:00 1mg 1:12:265 1mg 3-5 yrs. 9:30-10:00 1mg 1:12:265 1mg 3-5 yrs. 9:30-10:00 1mg 1:12:265 1mg 3-5 yrs. 11:15-11:45 10:26-12 yrs. 9:30-10:00 1mg 1:15:10 yrs. 0:30-10:00 1mg 1:15:10 yrs. 0:30-10:00 1mg 1:15:10 yrs. 0:30-11:00 1mg 1:15:10 yrs. 0:30-11:00 1mg 1:15:10 yrs. 0:30-11:00 1mg 3:10:10 yrs. 0:30-11:15 10:26-11 yrs				-		Shrimp 3-5yrs.	Shrimp 3-5yrs
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11:15-11:45 Growing Goldfish 24/ps 11:00-11:30 Hill 5-11:45 Bit 25 yrs. 11:35-11:45 Strimp 3-5 yrs. 11:36-12.00 Turtles 3-5 yrs. 9:30-10:00 Turtles 3-5 yrs							
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3:45-4:45 Pre Team 1 8+yrs 4:00-4:45 Level 3 6-12 yrs. 11:15-12:00 Level 3 6-12 yrs. Level 3 6-12 yrs. Level 3 6-12 yrs. Level 4 6-12 yrs. Level 4 6-12 yrs. Level 3 6-12 yrs. Level 4 6-12 yrs. 11:15-12:00 Level 5 8-14 yrs. Level 3 6-12 yrs. 11:15-12:00 Level 5 8-14 yrs. Level 3 6-12 yrs. Level 4 6-12 yrs. Level 4 6-12 yrs. Level 4 6-12 yrs. Level 3 6-12 yrs. 11:15-12:00 Wee Whales 18-36mos. Juite 3-5 yrs. Juite 3-5 y	Level 2 5-10 yrs.	Level 4 6-12 yrs.	Level 5 8-14 yrs.				11.15-12.00
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DUE TO SPECIAL ACTIVITIES, SCHEDULE IS SUBJECT TO CHANGE. ALL CLASSES WILL BE PRO-RATED.

SWIMMING CLASSES FOR PARENT/CHILD, PRE-SCHOOL & SCHOOL AGE

RECREATIONAL SWIM - F 7:15; Sa 2; Su 2, 5:30

The entire family can enjoy swimming in our pool with toys, noodles, balls and more. Non-swimmers and children under 10 must be accompanied by an adult. Recreational Swim is **free** for Total Facility members or \$20 family pass for non-members

JUMP IN AND SWIM - M 1; Tu 11:00; W 1:30; Th 11:45; F 1

Bring your kids, Infants- 6yrs, to enjoy play time with you in the pool. All children must be accompanied by an adult in the water. Have fun with toys, balls, music and more! \$5.00 daily pass per child

PARENT/CHILD CLASSES (30 minutes)

Parent must be a Connection member. Children must wear two swim diapers. A non-disposable swim diaper with gathered legs and waist (available at Front Desk) over a disposable swim diaper.

TINY TUGBOATS Tu 10; W 10:15; Sa 9:30

6-18 mos. & Parent Teaches infants to feel comfortable in the water. Parents learn to hold and support infants properly. Infants will explore breath control, floating, and changing body position while moving through the water.

WEE WHALES M 10:15; T 11:00; Th 10:45; Sa 10:30; Su 9, 11:30

18-36 mos. & Parent Special techniques using parental assistance teach children water safety, safe entry, kicking, and arm movements. Swimmers build on breath control, floating, and changing body position while moving through the water.

GROWING GOLDFISH M 11:15; Th 10:15; Sa 9, 10; Su 10

2-3 yrs & Parent An advanced class for the swimmer who is ready to develop basic swimming skills- bobbing, floating, gliding, and combined arm and leg movements.

PRESCHOOL CLASSES (30 minutes)

These classes are taught in groups without a parent. Child must be toilet trained, no pull-ups please!

GYM 'N SWIM W 12:15 \$200

Ages 3-5 Games and tumbling first, followed by 30 minutes of swim lessons.

TURTLES M 11:45, 4:15; Tu 10:30, 3:30; W 10:45, 4:45; Th 1:30, 5; F 11:30, 4 Sa 9:30, 10:30; Su 10, 10:30, 11:30

Ages 3-5 Basic personal water safety information and skills are taught to help swimmers feel comfortable in the water and to enjoy water safely. Swimmers explore movement in the water-bobbing, floating, and gliding with assistance.

SHRIMP M 10:45, 3:45, 5:15; Tu 1:30, 4:45; W 11:15, 1:30, 4:15; Th 1:00, 4, 5:30; F 10:30; Sa 9, 11; Su 9, 9:30, 10:30

Ages 3-5 Swimmers gain confidence in breath control and learn to float and glide on their own. They continue to explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes. Swimmers build upon self-help and rescue skills.

SEAHORSE M 4:45; Tu 1, 5:15; W 2, 3:45; Th 11:15, 3:30, 4:30; F 11, 5; Sa 10, 11; Su 9:30, 11

Ages 4-6 Swimmers learn to effectively coordinate combined simultaneous and alternating arm and leg actions on front and back. Adjustment to deep water, along with additional water safety and self rescue skills are taught.

SPECIAL NEEDS CLASSES (30/60 minutes)

Registration can be completed online. Medical forms can also be found online and must be completed and returned to The Connection one week prior to participation in programs. All programs are overseen and run by our trained staff and volunteers

Adapted Aquatics Sa 1:00

3 yrs. - Adult This one hour program provides individuals who are physically or intellectually challenged the opportunity to use the pool for exercise, learn basic swimming skills, be part of a social group, and play games while having fun in a safe aquatic environment.

S.N.S.L. Su 1, 1:30, 2

Age 3 – 14 Our special needs swim lesson (SNSL) provides 30 minutes of instruction provided by our trained staff and volunteers. This program is designed to teach and improve each student's swimming skills while working in a group environment to improve their focus, comfort, and overall understanding of safety in the pool.

SCHOOL AGE CLASSES (45 minutes)

LEVEL 1 M 3:45; Tu 4; W 5:15; Th 4:30; F 5:30; Sa 10:30; Su 9:45 Ages 5-10 y Basic personal water safety information and skills are taught to help participants feel comfortable in the water and to enjoy water safety. Swimmers explore movement in the water-bobbing, floating, and gliding.

LEVEL 2 M 3:45; T 5:15; W 4:30, 5:15; Th 3:45, 4:30; F 3:45, 5:15; Sa 9, 10:30; Su 9, 9:45, 4

Ages 5-10 Swimmers learn to float without support and explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes.

LEVEL 3 M 4:30, 5:15; Tu 3:45, 5:15; W 4:30; Th 3:45; F 3:45, 5:15; Sa 9, 9:45; Su 9, 11:15, 4:45

Ages 6-12 Swimmers learn to coordinate the front crawl and elementary backstroke. Swimmers are introduced to the scissor and dolphin kicks, the fundamentals of treading water and diving.

LEVEL 4 M 4:30,5:15;Tu 3:45; Th 5:15;F 4:30; Sa 9:45;Su11:15

Ages 6-12 Swimmers develop confidence in the strokes learned thus far and increase their endurance by swimming greater distances. The back crawl stroke and breaststroke are introduced. The sidestroke and butterfly are built upon. Several new strokes and skills are introduced in Level 4.

LEVEL 5 M 4:45; Tu 4:30; W 3:45; F 4:30; Sa 11:15; Su 10:30

Ages 8-14 Swimmers refine performance of all strokes-front crawl, elementary backstroke, back crawl stroke, breaststroke, sidestroke, and butterfly and increase their distances. Flip turns on the front and back are introduced. Expectations are higher in regards to distance and quality.

LEVEL 6 M 5:30; Tu 4:30; Sa 11:15; Su 10:30

Ages 8-14 In Level 6, expectations are quite high in regards to distance and quality. You will learn more complex safety skills that may help you survive in an emergency. Principles of training and how to evaluate your own level of fitness will be taught along with refining already know strokes.

ADVANCED SCHOOL AGE CLASSES (40/60 minutes)

PRE-TEAM WORKOUT * Teacher recommend only.

Ages 8+ A 3 level programs that is designed to help young athletes develop and improve their skill and talents though 1 hour of swim, working on starts, turns, medleys, technical drills, and timing. Swimmers should be proficient in all competitive strokes. Evaluations must be schedule through Aquatics director.

Pre-Team 1 M 3:45; F 4:15; Su 4 Pre-Team 2 Th 4; F 5:15 Pre-Team 3 Th 6 Pre-Teams 2-3 M 7:15, Su 5

Dry Land Training Th 3:15

Ages 8+ Pre team swimmers join us in our fitness center to improve muscle and core strength, as well as your cardio endurance out of the water (socks & sneakers required). All trainings are scheduled just prior to swim time so students can make their way to the pool directly after warming up their bodies.

30 minute classes - \$125 per ten week term 45 minute classes - \$155 per ten week term 60 minute classes - \$165 per ten week term ***UNLESS OTHERWISE NOTED***