



The Connection
for Women and Families

**SWIMMING FOR
PARENT/CHILD
PRESCHOOL
SCHOOL AGE**

Fall 2010
September 7 – November 14

79 Maple Street
Summit, NJ 908-273-4242

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00-10:30 Wee Whales 18-36 mos.	10:30-11:00 Flippers 3-5yrs	10:00-10:30 Tiny Tugboats 6-18 mos.	10:15-11:30 Flip n Dip 1 ½ - 3 yrs.	10:00-10:30 Tiny Tugboats 6-18 mos.	9:00-9:30 Tiny Tugboats 6-18 mos. Flippers 3-5yrs	9:00-9:30 Wee Whales 18-36mos. Shrimp 3-5yrs
10:30-11:30 Turtles 3-5 yrs.		10:30-11:30 Growing Goldfish 2-3 yrs.	10:30-11:00 Flippers 3-5 yrs.	10:30-11:00 Growing Goldfish 2-3 yrs.	10:30-11:00 Growing Goldfish 2-3 yrs.	9:00-9:40 Level 1 5-9 yrs. Level 2 5-10 yrs.
1:00-1:30 Shrimp 3-5 yrs.	1:00-1:30 Seahorse 3-5 yrs.	1:00-1:30 Flippers 3-5 yrs.	1:00-1:30 Seahorse 3-5 yrs.	1:00-1:30 Turtles 3-5 yrs.	9:30-10:00 Growing Goldfish 2-3 yrs. Seahorse 3-5 yrs.	9:30-10:00 Growing Goldfish 2-3 yrs. Turtle 3-5 yrs.
1:30-2:00 Seahorse 3-5 yrs.	1:15-2:30 Gym n Swim	1:30-2:00 Turtles 3-5 yrs.	1:15-2:30 Gym n swim	1:30-2:00 Shrimp 3-5 yrs.	9:45-10:25 Level 3 6-13 yrs. Level 4 8-14 yrs.	9:45-10:25 Level 5 8-14 yrs. Level 6 8-14 yrs.
	1:30-2:00 Shrimp 3-5 yrs.		1:30-2:00 Shrimp 3-5 yrs.			
3:45-4:25 Level 1 5-9 yrs. Level 2 5-10 yrs.	3:45-4:25 Level 3 6-13 yrs. Level 4 8-14 yrs.	3:45-4:25 Level 2&3 5-13 yrs. Level 5 8-14 yrs. Level 6 8-14 yrs.	3:45-4:25 Level 1 5-9 yrs. Level 6 8-14 yrs.	3:00-4:15 Boys Gym n Swim	10:00-10:30 Wee Whales 18-36 mos. Turtles 3-5 yrs.	10:00-10:30 Turtles 3-5 yrs. Shrimp 3-5 yrs
				3:45-6:30 Rec. Swim		
4:00-4:30 Turtles 3-5 yrs. Shrimp 3-5 yrs. Seahorse 3-5 yrs.	4:00-4:30 Turtles 3-5 yrs. Shrimp 3-5 yrs. Seahorse 3-5 yrs.	4:00-4:30 Turtles 3-5 yrs. Shrimp 3-5 yrs. Seahorse 3-5 yrs.	4:00-4:30 Turtles 3-5 yrs. Shrimp 3-5 yrs. Seahorse 3-5 yrs.	4:15-5:15 Pre Team	10:30-11:10 Level 5 8-14 yrs. Level 6 8-14 yrs.	10:30-11:00 Flippers 3-5 yrs. Seahorse 3-5 yrs.
						10:30-11:10 Level 1 5-9 yrs. Level 2 5-10 yrs.
4:30-5:10 Level 3 6-13 yrs. Level 4 8-14 yrs.	4:30-5:10 Level 5 8-14 yrs. Level 6 8-14 yrs.	4:30-5:10 Level 1 5-9 yrs. Level 2 5-10 yrs.	4:30-5:10 Level 2 5-10 yrs. Level 3 6-13 yrs. Level 2&3 5-13 yrs.		10:30-11:00 Turtles 3-5 yrs. Shrimp 3-5 yrs. Seahorse 3-5 yrs.	11:00-11:30 Shrimp 3-5 yrs. Seahorse 3-5 yrs.
4:30-5:00 Turtles 3-5 yrs. Shrimp 3-5 yrs. Seahorse 3-5 yrs.	4:30-5:00 Turtles 3-5 yrs. Shrimp 3-5 yrs. Seahorse 3-5 yrs.	4:30-5:00 Turtles 3-5 yrs. Shrimp 3-5 yrs. Seahorse 3-5 yrs.	4:30-5:00 Turtles 3-5 yrs. Shrimp 3-5 yrs. Seahorse 3-5 yrs.		11:30-12:30 Adaptive Aquatics	11:15-11:55 Level 2 5-10 yrs. Level 3 6-13 yrs.
					1:00-3:00 Birthday Party	11:30-12:00 Tiny Tugboats 6-18 mos. Turtles 3-5 yrs.
5:00-6:00 Pre team 9+ yrs.	5:00-6:00 Starfish clinic 9+ yrs.	5:00-6:00 Pre team 9+ yrs.	5:00-6:00 Starfish clinic 9+ yrs.		3:00-5:00 Birthday Party	1:00-3:00 Birthday Party
5:15-5:55 Level 5 8-14 yrs. Level 6 8-14 yrs.		5:15-5:55 Level 3 6-13 yrs. Level 4 8-14 yrs.		7:30-9:45 Rec. Swim	3:00-4:45 Rec. Swim	3:00-5:00 Birthday Party
						3:00-4:45 Rec. Swim

SWIMMING FOR PARENT/CHILD, PRE-SCHOOL & SCHOOL AGE CLASS DESCRIPTIONS

RECREATIONAL SWIM - F 3:45, 7:30; Sa 3; Su 3 FREE for Total Facility members or \$15 family pass for non-members available at the Front Desk. Enjoy family time swimming in the pool. Parents must accompany children in the pool. Children without a parent must be at least 10 years of age. U.S. Coast Guard approved life jackets are THE ONLY FLOTATION DEVICES permitted. Infants and toddlers must wear two swim diapers: a non-disposable swim diaper with gathered legs and waist (available at Front Desk) over a disposable swim diaper.

JUMP IN AND SWIM - Tu 2:30; Th 11:30

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

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.

FLIP 'n DIP Non-Kids' Club \$175 Th 10:15

Ages 18mos-3yrs. Games and tumbling first, followed by 30 minutes of swim lessons. Parent and child will sing, play with toys and learn basic swimming skills- bobbing, floating, gliding, and combined arm and leg movements.

TINY TUGBOATS (A) W 10; F 10; Sa 9; Su 11:30

6-18 mos. & Parent Teach 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 (A) M 10; Sa 10; Su 9

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 (A) W 10:30; F 10:30; Sa 9:30; Su 9:30

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.

FLIPPERS (A) Tu 10:30; W 1; Th 10:30; Sa 9; Su 10:30

3-5 yrs & Parent

A transitional swim class designed to promote independence. Parents must be prepared to participate in the water but are phased out after the first few lessons

PRESCHOOL CLASSES (30 minutes)

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

BOYS GYM 'N SWIM: Non-Kids' Club \$175 F 3

Ages 4-5. Games and tumbling first, followed by 30 minutes of swim lessons. Must be toilet trained.

GYM 'N SWIM Non-Kids' Club \$175 Tu 1:15; Th 1:15

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

TURTLES (A) M 10:30, 4, 4:30; Tu 4, 4:30 W 1:30, 4, 4:30; Th 4, 4:30; F 1; Sa 10, 10:30; Su 9:30, 10, 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 (A) M 1, 4, 4:30; Tu 1:30, 4, 4:30; W 4, 4:30; Th 1:30, 4, 4:30; F 1:30; Sa 10:30; Su 9, 10, 11

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 (A) M 1:30, 4, 4:30; Tu 1, 4, 4:30; W 4, 4:30; Th 1, 4, 4:30 Sa 9:30, 10:30; Su 10:30, 11

Ages 3-5 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.

SCHOOL AGE CLASSES (40minute classes)

LEVEL 1 - 5-9 yrs. (B)

M 3:45; W 4:30; Th 3:45; Sa 9, Su 10:30

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 - 5-10 yrs. (B)

M 3:45; W 3:45, 4:30; Th 4:30; Sa 9; Su 10:30, 11:15

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 - 6-13 yrs. (B)

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

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 - 8-14 yrs. (B)

M 4:30; Tu 3:45; W 5:15; Sa 9:45; Su 9

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 - 8-14 yrs. (B)

M 5:15; Tu 4:30; W 3:45; Sa 10:30; Su 9:45

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 - 8-14 yrs. (B)

M 5:15; Tu 4:30; W 3:45; Th 3:45; Sa 10:30; Su 9:45

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 (60 minutes)

STARFISH CLINIC 9-14 yrs. \$144

1 or 2 times a week Tu 5; Th 5

Capable of swimming 200 yards. (8 lengths) using combination of all strokes (min of 2 lengths each stroke).

Skills taught: Increased endurance swimming, all strokes refinement, competitive starts and turns, introduction to swim team training.

PRE-TEAM WORKOUT 9-14 yrs. \$144

1, 2, or 3 times a week M 5; W 5; F 4:15

Must be able to swim 300 yards. (12 lengths) using combination of all strokes (min 3 lengths of each stroke).

This program is design to help young athletes develop their skill and talents. Swimmers taught to be proficient in all competitive strokes.

**30 minute classes are Kids' Club A (\$48 per month)
or \$108 for a 10 week term.**

**40 minute classes are Kids' Club B (\$59 per month)
or \$134 for a 10 week term.**

**Birthday Parties at The Connection!
To book a party, please inquire at the Front Desk.**