

# **SPRING LAKE AQUATICS PROGRAM**



## **SUMMER 2019 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 – GROUP LESSONS Tue/Thur June 27, July 2, 4, 9, 11

Session II – GROUP LESSONS Tue/Thur July 16, 18, 23, 25, 30.

Session III – private lessons – package of 5

The registration process is through the borough at [www.springlakeboro.com](http://www.springlakeboro.com) click on beaches and pools and follow the prompts. If you cannot do it that way please call 732 449-0800 ext 617.

Private lessons will be given after you register with the borough and then send an to Janet Carbin [janet@springlakeguards.com](mailto:janet@springlakeguards.com). The period that lessons will be given will be from June 27-August 25. The instructor will contact you with a variety of days and times that you will work out with them.

### **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 – 9:00-9:30

Session I – GROUP LESSONS Tue/Thur June 27, July 2, 4, 9, 11

Session II – GROUP LESSONS Tue/Thur July 16, 18, 23, 25, 30.

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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, \$250 for private.

Class dates and times – 11:00-11:30

Session I – GROUP LESSONS Tue/Thur June 27, July 2, 4, 9, 11

Session II – GROUP LESSONS Tue/Thur July 16, 18, 23, 25, 30.

Session III – private lessons – package of 5

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