

SPRING LAKE AQUATICS PROGRAM



SUMMER 2020 PROGRAM OFFERINGS

Parent and me

Designed for parent/guardian and child to become acquainted with the water. The goal is to introduce the child to the water so they can become more comfortable when it is time for individual lessons. Lessons are for 20 minutes.

Cost of the lessons - \$165 for group, \$255 for private.

Class dates and times – 1:00-1:20

Session I – GROUP LESSONS Tue/Thur June 30, July 2, 7, 9, 13

Session II – GROUP LESSONS Tue/Thur July 16, 21, 23, 28, 30.

Session III – private lessons – package of 5

Session III – private lessons – package of 5 – set up with the instructor by emailing Jenna Carbin at jennfoleycarb@gmail.com These lessons can be morning or afternoon.

Session IV – Single session private lessons - \$60 - set up with the instructor by emailing Jenna Carbin at jennfoleycarb@gmail.com These lessons can be morning or afternoon.

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 - \$165 for group, \$255 for private.

Class dates and times – 1:30-2:00

Session I – GROUP LESSONS Tue/Thur June 30, July 2, 7, 9, 13

Session II – GROUP LESSONS Tue/Thur July 16, 21, 23, 28, 30.

Session III – private lessons – package of 5 – set up with the instructor by emailing Jenna Carbin at jennfoleycarb@gmail.com These lessons can be morning or afternoon.

Session IV – Single session private lessons - \$60 - set up with the instructor by emailing Jenna Carbin at jennfoleycarb@gmail.com These lessons can be morning or afternoon.

The registration process is through the borough at 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 Jenna Carbin at jennfoleycarb@gmail.com. The period that lessons will be given will be from June 15-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 - \$165 for group, \$215 for private.

Class dates and times – 2:00-2:30

Session I – GROUP LESSONS Tue/Thur June 30, July 2, 7, 9, 13

Session II – GROUP LESSONS Tue/Thur July 16, 21, 23, 28, 30.

Session III – private lessons – package of 5 – set up with the instructor by emailing Jenna Carbin at jennfoleycarb@gmail.com These lessons can be morning or afternoon.

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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 - \$165 for group, \$255 for private.

Class dates and times – 2:30-3:00

Session I – GROUP LESSONS Tue/Thur June 30, July 2, 7, 9, 13

Session II – GROUP LESSONS Tue/Thur July 16, 21, 23, 28, 30.

Session III – private lessons – package of 5 – set up with the instructor by emailing Jenna Carbin at jennfoleycarb@gmail.com These lessons can be morning or afternoon.

Session IV – Single session private lessons - \$60 - set up with the instructor by emailing Jenna Carbin at jennfoleycarb@gmail.com These lessons can be morning or afternoon.

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Private lessons will be given after you register with the borough and then send an e-mail to Jenna Carbin at jennfoleycarb@gmail.com. The period that lessons will be given will be from June 15-August 25. The instructor will contact you with a variety of days and times that you will work out with them.

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.

Session I – Cost is \$150 for full program. June 19 to August 31.

Session II - \$100 for July 20-August 31.

Session III - Weekends only in Septmeber – 5, 6, 12, 13, 19, 20, 26, 27 – cost is \$50

The registration process is through the borough at 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 619.

Masters Rules and Regulations

When signing up for Master Class through Spring Lake, held at North End Pavilion, you will be paying to be a part of a team that has certain regulations and rules expected to be upheld by all.

1. Participants must follow basic swim etiquette:
 - a. Sharing lanes with multiple swimmers at a time requires circle swimming.
 - i. If you do not know how to circle swim the Instructor of the program will provide the information on how to do so.
 - b. When swimming be considerate of the others in the lane in accordance to speed.
 - i. Ex: Do not swim in front of someone who you understand is faster.
2. Following the practice outlined by the Instructor each day of practice.
 - a. If there are things in the practice you are uncomfortable with or unable to do due to any reason feel free to talk with the Instructor during practice from the lane or privately.
3. Staying in your assigned lane given to you by the Instructor
 - a. The lanes are flexible but assignments are based on assessed speed by the Instructor.

- i. If there are any concerns about lane assignments feel free to discuss with the Instructor if you would prefer a different lane assignment
4. Any in depth questions or comments feel free to discuss with the Instructor before or after practice.

We need these procedures to be upheld by all to keep an orderly program. If they are not, understand we have the right for removal from the program. Thank you for understanding and cooperating with these outline rules.