

# SJAC SWIM SCHOOL

Lessons • Group • Private • All Ages • Special Needs • Adult • Junior Team • Fit-Tech

Session length and price subject to change

SJAC Swim School was established in 2016 and has grown to over 400 swimmers in 2 years. We provide all swimming lessons at the NL Aquatics state-of-the-art facility.

Group and Private lessons are available to teach swimmers of all ages and abilities how to swim, achieve their goals, and develop a lifelong love of swimming and water in a fun, innovative and safe environment.

## Group Lessons

- Sessions typically last 7-8 weeks but may vary.
- *Standard* offers 1 lesson per week. *Accelerated* (Summer & holiday weeks only) offers 4 lessons per week.
- 5 different *Levels* offer every ability plenty of opportunity for progression (see page 2)
- Class sizes are small and cost is very affordable

## Private Lessons

- Available for swimmers wanting more individualized attention.
- Instructors are available for learn-to-swim kids (2 1/2 & up), adults (any age) and competitive athletes
- A typical *Session* lasts 6 weeks, has 1 – 30-minute lesson per week and costs \$200. Customization available and 20 min lessons for young swimmers. Costs vary depending on instructor and lesson day/time.

## NL Aquatic Cost

In addition to lesson cost, each family *Must* choose **one** of the following:

- \$60 annual family registration fee
  - Access to lessons only
- \$25/month (family of 3) or \$35/month (4 or more) discounted pool membership (subject to change)
  - Access to open, lap & family swims to practice your new skills, fitness or just fun
  - 5-10% off Lessons
  - 20% off Group Aquatic Exercise
  - 3-month commitment

## NEW SWIMMER REGISTRATION

1. Thoroughly read both pages of this document
2. Formulate any questions
3. Contact Tim Holcroft, (Lesson Director) at the pool, via phone 856 335-3007 or email [tholcroft@nlaquatics.com](mailto:tholcroft@nlaquatics.com) to answer questions
4. Schedule a swimmer evaluation for Level assessment
5. Review Lesson availability and register at the pool or online
6. Welcome to the Swim Lesson Family!



\*Multi-student discounts available

# SJAC SWIM SCHOOL – Spring I & II Sessions

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Water Babies	<p><b>Water Babies</b> is a fun introduction to the water and enhances the bond between parent and child in a social setting. Our program is designed for swimmers 6 months to 3 years. Parents are in the water with their swimmers. Both parent and child learn about water safety, enjoy interactive activities learned through song and play, have exposure to light submersion, and gain comfortability and confidence in and around the water.</p>	<p><b>RATIO</b> 4:1  <b>PRICE</b> \$140  <b>LESSONS</b> 7-30 Min</p>
Level 1	<p>Our <b>Level 1</b> class is designed for the beginner swimmers, or for swimmers right out of our Water Babies Class. In Level 1 we focus on basic water safety, breath control, and body position all in a social setting. Your swimmers gain control over and enhance their motor skills as they become more confident in their new-found abilities.</p>	<p><b>RATIO</b> 3:1  <b>PRICE</b> \$155  <b>LESSONS</b> 7-30 Min</p>
Level 2	<p>In <b>Level 2</b> swimmers have achieved comfortability in the water. We focus on the introduction of the basic fundamentals of Backstroke, Freestyle, rotary breathing, dives, treading water, and retrieving objects from the bottom of the pool with minimal or no assistance. Level 2 is a big step in instilling confidence and building strength.</p>	<p><b>RATIO</b> 3:1  <b>PRICE</b> \$155  <b>LESSONS</b> 7-30 Min</p>
Level 3	<p>In <b>Level 3</b> we build on the skills our swimmers have mastered in Level 2. Our main focus is refining Freestyle with rotary breathing, refining Backstroke, building endurance, treading water, standing dives, along with an introduction to the basic fundamentals of Breaststroke.</p>	<p><b>RATIO</b> 4:1  <b>PRICE</b> \$155  <b>LESSONS</b> 7-30 Min</p>
Level 4	<p><b>Level 4</b> is our most advanced learn to swim class. Our focus is technique and endurance. We review Freestyle and Backstroke, refine Breaststroke, as well as introduce the basic fundamentals of Butterfly. Swimmers get a feel for how to circle swim and learn lap swimming pool etiquette as they prepare for more of a "team like" environment.</p>	<p><b>RATIO</b> 4:1  <b>PRICE</b> \$155  <b>LESSONS</b> 7-30 Min</p>
Level 5	<p>In <b>Level 5</b> your swimmer becomes proficient in all four strokes. In a "Team Like" environment we introduce the pace clock, interval training, flip turns, open turns, Individual Medley (100IM), and relays along with swimming terminology. This is the final step before becoming eligible to join SJAC's Swim Team!</p>	<p><b>RATIO</b> 5:1  <b>PRICE</b> \$220  <b>LESSONS</b> 7-45 Min</p>
Teen Beginner	<p>In <b>Teen Beginner</b>, your pre-teen or young adult swimmer learns to swim and become confident in the water. We focus on basic water safety, breath control, and body position. The teen beginner is introduced to Freestyle, Backstroke, Breaststroke and Butterfly. Proper technique is the focus while building aerobic endurance.</p>	<p><b>RATIO</b> 4:1  <b>PRICE</b> \$155  <b>LESSONS</b> 7-30 Min</p>
Special Needs	<p>Our <b>Special Needs</b> comprehensive program is designed to lead aquatic special needs in the region. Swimmers advance their abilities while building self-esteem, social skills and aerobic fitness. They improve flexibility, coordination and range of motion, while strengthening and toning muscles, improving spatial awareness and gross motor coordination /control. Water Safety is a focus. Special Olympic preparation and team.</p>	<p><b>RATIO</b> Varies  <b>PRICE</b> Varies  <b>LESSONS</b> Varies</p>
Private Lessons	<p>Our <b>Private Lessons</b> are customized to meet your needs. If that's learn to swim, regardless of age, refining technique for any level, aerobic conditioning or special needs, give us a call to discuss options. The 20-minute package is ideal for young kids too advanced for Water Babies, but not ready for a Level 1 group setting. Prices vary by instructor &amp; day/time.</p>	<p><b>RATIO</b> 1:1  <b>PRICE</b> \$120-150  <b>LESSONS</b> 6-20 Min  1:1 \$200-250 6-30 Min  1:1 \$252-300 6-45 Min</p>
Junior Team & Fit-Tech	<p>Our <b>Junior Team</b> is designed to focus on technique, endurance, team building, core strength and fun. Swimmers are required to be able to swim 25 yards of freestyle and backstroke. There are no swim meets and ages range from 6-11. The Junior Team is a perfect pre-step to the SJAC Swim Team. <b>Fit-Tech</b> is designed for swimmers age 11-14 that want to improve their technique and fitness but are not looking for competition.</p>	<p><b>RATIO</b> JT 10:1  <b>PRICE</b> \$240  <b>PRACTICE</b> 3-1hr/wk.  FT 15:1 \$220 3-1hr/wk.</p>