

Chester Area Pool

PRESENTS.....

SWIM LESSONS
2016



133 North Road
Chester, NJ
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Email:
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Group Lessons

Swim Testing

Testing will ensure we offer enough classes to accommodate the number of children in each skill level.

Registration is NOT required for testing.

Swim testing is MANDATORY for all levels except Level 1

Swim Testing will be Available on:

Saturday June 11th- 10:00-10:45
Sunday June 12th: 10:00-10:45

Registration & Fees:

Registration will be held at the Chester Area Pool on the following dates:

June 18th 11:00- 2:00
June 19th 11:00-2:00

Levels 1-5 \$65

All fees MUST be paid in full at registration.

Once a lesson has been scheduled and paid for, there will be NO refunds.

Lesson Dates and Times

Lessons will be offered for 2 weeks,
Monday – Thursday

Fridays will remain open for make-ups
due to inclement weather.

9:00- 9:30 **OR** 9:45-10:15

- **Session A:** July 11th - July 21st
- **Session B:** July 25th – Aug. 4th
- **Session C:** Aug 8th - Aug 18th

Level Descriptions:

** Children MUST be at least 3 years old by the first day of class.

Level 1: (No prerequisites)

- Start basics of swimming while becoming comfortable in the water
- Introduced to kicking and arm motions
- Gain confidence swimming with a flotation device

Level 2: (Completion of Level 1 or demonstration of level 1 skills)

- Introduction to basic strokes
- Introduced to Rotary breathing
- Being to swim on their own

Level 3: (Completion of level 2 or demonstration of level 2 skills)

- Refine begging strokes with technique drills
- Continue to work on rotary breathing
- Gain confidence on swimming independently

Level 4 (Completion of level 3 or demonstration of level 3 skills)

- Learn advanced stoke techniques
- Refine breathing technique

- Introduction to butterfly
- Continuing to build endurance

Level 5: (Completion of Level 4 or demonstration of level 4 skills)

- Perfecting all strokes
- Continuing to build endurance and strength

Private Lessons:

⤴ Private lessons are a 1/2 hour long

⤴ Lessons can only be bought in **groups of 3 for \$105**

⤴ If you need to cancel you **must give 24 hours notice** or the lesson will be lost.

⤴ Please request lessons and give payment at the guard house and an instructor will contact you ASAP for scheduling.