

# CAP Presents

PRESENTS.....

## SWIM LESSONS 2024



133 North Road  
Chester, NJ  
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908-879-2915

Email: [chesterpool@chesterborough.org](mailto:chesterpool@chesterborough.org)

### Group Lessons

#### Swim Testing

Testing will ensure your child is placed at the proper level.

**Registration is NOT required for testing.**

**Swim testing is MANDATORY for all levels except Level 1 who have not participated in lessons before**

#### **Swim Testing will be**

#### **Available on:**

**Saturday, June 8<sup>th</sup>- 10:00-10:45**

**Sunday, June 9<sup>th</sup>- 10:00-10:45**

#### **Registration & Fees:**

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

- **June 1st, 2nd 11:00- 2:00**
- **June 8th & 9th 11:00-2:00**

Levels 1-5 \$85

All fees MUST be paid in full at registration. CC Fees apply

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:** June 24<sup>th</sup> - July 4th
- **Session B:** July 8th – July 18th
- **Session C:** July 22nd – August 1st

## Level Descriptions:

**\*\* Children MUST be at least 3 years old by the first day of class and fully potty-trained (no swim diapers)**

### 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 \$110**
- 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.
- Credit Card fees apply