

Chester Area Pool

PRESENTS.....

SWIM LESSONS 2019



133 North Road
Chester, NJ
07930
908-879-2915

Email:
chesterpool@chesterborough.org

Group Lessons

Swim Testing

Testing will ensure your child is placed in 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 8th- 10:00-10:45

Sunday, June 9th- 10:00-10:45

Registration & Fees:

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

- **June 8th 11:00- 2:00**
- **June 15th 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: June 24th - July 5th
(There will be no lessons on July 4th but we will have a makeup Friday the 5th.)

-Session B: July 8th – July 19^h

-Session C: July 22nd – August 2nd

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.