

AQUATICS



The DPJCC Welcomes Swim Gym®



Since its inception in 1984, Swim Gym® has been recognized around the world as a leader in the field of aquatic education. Every staff member creates a friendly and comfortable environment for their students, from infants to seniors, using sound teaching practices that result in a successful swimming experience. For information and registration for Swim Gym lessons call **954-434-0499, ext. 103.**

PRIVATE LESSONS

Learning to swim requires time and patience, especially to overcome the fear of water. The Swim Gym® way helps accelerate the learning process for your children. Our private lessons are designed specifically for a one swimmer to one teacher ratio. Our highly-trained teachers guide all students through our age-appropriate ten-class lesson plan.

GROUP LESSONS

Parent & Child (Beginner-Intermediate) - 40-minute class
This class is for babies, **ages 3 to 15 months or up to 30 months if it is a first-time pool experience.** Babies are given special attention and care and taught with a parent in the water. Patience and fun are key to making the experience a positive one. No competition, no comparison, only enhancement of self-esteem, stimulation through water movements and development of independence in a non-threatening environment.

Parent & Child (Intermediate-Advanced) - 40-minute class
This class is for babies, **ages 16 to 30 months or younger if child has previous pool/class experience.** These are the magic years. Classes are taught with a parent in the water in a fun-loving, water exploration and discovery class. Your child will learn feeling comfort in the water on the belly and back, going underwater to blow, fetching from the bottom, jumping in and going safely to the wall and even learning to do somersaults.

3-4's Group (3 to 5 students per instructor) - 40-minute class

5-6's Group (5 to 6 students per instructor) - 40-minute class
In these exciting groups the children are taught essential safety and fun skills: jumping, diving, dog paddling, crawl, floating, swimming to the bottom, swimming on the back. You will love their dolphin and "froggy" strokes too!

6 & Older Group (6 to 8 students per instructor) - 40-minute class

At this level, the swimmers will advance significantly in their diving, freestyle, backstroke and turning techniques. All of them will learn the breaststroke and butterfly. Students advancing beyond beginner & intermediate levels move on to Stroke School.

Stroke School (10-12 students per instructor) - 40-minute class

At this level the swimmers work on stroke technique and turns, including the flip and proper turns for each stroke.

ADULT FITNESS AND TRIATHLETE TRAINING

This program is designed for adults and triathletes in training. You will learn drills that enhance your ability and skill to swim with higher efficiency. Although the freestyle will be the main emphasis of our program, we ask that you please be open-minded and receptive to other competitive styles, namely backstroke, in order to find your power source, and breaststroke, for safety purposes.

Spring & Summer Pool Hours

Monday - Thursday	7:00 am-6:00 pm
(Starting in April)	7:00 am-7:00 pm
Friday	7:00 am-5:30 pm
Saturday	9:00 am-4:30 pm
Sunday	9:00 am-5:30 pm

PLEASE NOTE: Our pool is heated/cooled with a geothermal pool heating/cooling system.

What else you should know:

- Any class that has less than three registrations will be canceled.
- Non-Swimmers and very young swimmers are recommended to take private lessons for the initial stages.
- **Make-up policy:** If your child is going to miss a class/lesson, please notify the Swim Gym office 24 hours in advance.
- Makeup classes must be made up during the session in progress in another time of the same level class.
- Make-up classes are scheduled through the Swim Gym office.

Spring Season 2013 • March 4 to May 31 • 10 Weeks					
Weekends		Weekdays			
Time	Sunday	Monday	Tuesday	Wednesday	Thursday
6:00-7:30 am			Adult Fitness All Levels		Adult Fitness All Levels
9:00-10:00 am			Adult Fitness		Adult Fitness
10:00-10:40 am	Parent & Child 1 Beginners All Ages		Parent & Child 2 All Ages		Parent & Child 2 All Ages
10:40-11:20 am	6 & Older				
	Stroke School				
	Parent & Child 2 Intermediate				
11:20 am-Noon	3-4's				
	5-6's				
3:20-4:00 pm		3-4's	3-4's	3-4's	3-4's
		5-6's	5-6's	5-6's	5-6's
4:00-4:40 pm		6 & Older	3-4's	6 & Older	3-4's
		Stroke School	5-6's	Stroke School	5-6's
4:40-5:20 pm		3-4's	6 & Older	3-4's	6 & Older
		5-6's	Stroke School	5-6's	Stroke School
5:20-6:00 pm		6 & Older	Pre-Team	6 & older	Pre-Team
		Stroke School		Stroke School	
6:15-7:15 pm		Adult Fitness All Levels		Adult Fitness All Levels	

For your convenience we may OPEN or CHANGE a SCHEDULED CLASS if more than 8 people or less than 3 register.

FEES			
PRIVATE LESSONS	# Lessons	Fee/Member Fee	
1 swimmer / 1 teacher (20 minutes)	10 1	\$305/\$235 \$35/\$25	
2 swimmers / 1 teacher (20 minutes)	10 1	\$175/\$135 ea. \$25/\$20 ea.	
2 swimmers / 1 teacher (40 minutes)	10 1	\$345/\$265 ea. \$40/\$30 ea.	
Age 8 & Older / 1 teacher (40 minutes) (Competitive Beginner)	10 5 1 1 (hour)	\$585/\$450 \$305/\$235 \$65/\$50 \$100/\$75	
Videotape session	1 (hour)	\$110/\$85	
SMALL GROUP	# Lessons	Fee/Member Fee	
3 to 4 swimmers / 1 teacher (40 minutes)	10	\$210/\$160	
ADULT FITNESS SWIM	# Lessons	Fee/Member Fee	
Seasonal	3x per week/10 weeks	\$205/\$150	
GROUP LESSONS/SEASONS	Fee/Member Fee	Fee/Member Fee	
Season	Dates	1x Week	2x Week
Spring	Mar. 4 - May 3	\$195/\$150	\$365/\$280
Summer	June 2 - Aug. 8	\$195/\$150	\$365/\$280
Groups CLOSE after 3 weeks / Single group lesson \$15			
There is a \$5 rescheduling fee for any private or class make-up lesson.			