

LATE SPRING 2019

SWIM LESSONS

6 Months through Kindergarten

8 Week Session

Session D: April 22 - June 15 (Registration Deadline: April 15th)

Min. 3 Students per class - Registration can be done through online Member Self Service (MSS) or at the Front Desk

For more information contact Sara Hink, Aquatics Director: 414-525-2376 / shink@princetonclub.net

Note: If a class is full, you can still register and pay and will be put on a waiting list.

After the Registration Deadline, all registration must take place at the Front Desk

Parent & Tyke Program

Member Fee: \$76 Non-Member Fee: \$96
(\$86 Member and \$106 Non-Member Fee after Registration Deadline).
Due to limited pool space if both parents wish to attend class with one child the second parent must pay an additional full class fee.

Parent & Tyke 1

Ages 6 months to 2 years. An instructor will guide you in introducing your little one to the wonderful world of water. Basic water skills are learned through songs and exploration.

DAY	TIME	CODE
Monday	10:30 - 11:00 am	S45D
Tuesday	10:00 - 10:30 am	S1D
Tuesday	5:45 - 6:15 pm	S5D
Wednesday	5:30 - 6:00 pm	S3D
Saturday	9:45 - 10:15 am	S4D

Parent & Tyke 2

Ages 2 to 4 years. An instructor will introduce your child to water exploration, basic skills and safety with parental guidance. Games and songs will make learning fun.

DAY	TIME	CODE
Monday	10:30 - 11:00 am	S45D
Tuesday	10:00 - 10:30 am	S1D
Tuesday	5:45 - 6:15 pm	S5D
Wednesday	5:30 - 6:00 pm	S3D
Saturday	9:45 - 10:15 am	S4D

Little Tyke Program

Ages 3 to 5 years. Swim lessons for the toilet trained preschooler.
Member Fee: \$76.00 Non-Member Fee: \$96.00
(\$86 Member & \$106.00 Non-Member Fee After Registration Deadline)

Tyke Swim 1

Water adjustment, safety, basic stroke development, assisted back float and submerging is taught through games, imagination and fun.

DAY	TIME	CODE
Monday	9:45 - 10:15 am	S22D
Tuesday	11:30 am - 12:00 pm	S10D
Wednesday	10:15 - 10:45 am	S12D
Wednesday	5:30 - 6:00 pm	S21D
Wednesday	6:00 - 6:30 pm	S9D
Thursday	6:00 - 6:30 pm	S20D
Saturday	8:15 - 8:45 am	S26D
Saturday	10:30 - 11:00 am	S13D

Tyke Swim 2

Goals include introduction to breathing concept, short independent swimming and back floating. Also beginner backstroke is introduced.

DAY	TIME	CODE
Tuesday	10:45 - 11:15 am	S14D
Tuesday	5:45 - 6:15 pm	S52D
Wednesday	11:00 - 11:30 am	S15D
Thursday	4:30 - 5:00 pm	S16D
Saturday	9:00 - 9:30 am	S6D
Saturday	11:15 - 11:45 am	S17D

Tyke Swim 3

Focus continues on breathing skills, increasing front and back skills endurance and independence.

DAY	TIME	CODE
Monday	5:45 - 6:15 pm	S50D
Wednesday	5:15 - 5:45 pm	S2D
Thursday	5:15 - 5:45 pm	S18D
Saturday	10:30 - 11:00 am	S19D

Tyke Swim 4

This class further challenges the tyke swimmer to master skills and increase endurance. Rotary breathing is introduced.

DAY	TIME	CODE
Monday	5:45 - 6:15 pm	S50D
Wednesday	5:15 - 5:45 pm	S2D
Thursday	5:15 - 5:45 pm	S18D
Saturday	10:30 - 11:00 am	S19D

Kindertyke Program

For those younger swimmers currently in kindergarten.
Member Fee: \$81 Non-Member Fee: \$101
(\$91 Member & \$111 Non-Member Fee after Registration Deadline)

Kindertyke 1

Little to no water experience is necessary. Breathing skills are focused on. Basic stroke development on front and back is introduced with assistance and short independent swimming is begun.

DAY	TIME	CODE
Tuesday	6:30 - 7:15 pm	S44D
Wednesday	6:15 - 7:00 pm	S37D
Saturday	9:30 - 10:15 am	S23D
Saturday	11:15 am - 12:00 pm	S42D

Kindertyke 2

The class encourages independence. Continued breathing, front and back skills are practiced to increase endurance and independence.

DAY	TIME	CODE
Tuesday	6:30 - 7:15 pm	S44D
Wednesday	6:15 - 7:00 pm	S37D
Saturday	9:30 - 10:15 am	S23D
Saturday	11:15 am - 12:00 pm	S42D

Kindertyke 3

This class introduces rotary breathing and elementary backstroke development. Will continue to promote independent swim on front and back.

DAY	TIME	CODE
Monday	5:30 - 6:15 pm	S40D
Wednesday	5:30 - 6:15 pm	S24D
Saturday	10:45 - 11:30 am	S25D

Kindertyke 4

Front crawl progression is taught. Continued focus on rotary breathing, endurance and mastery of skills is practiced. Scissor kick is begun.

DAY	TIME	CODE
Monday	5:30 - 6:15 pm	S40D
Wednesday	5:30 - 6:15 pm	S24D
Saturday	10:45 - 11:30 am	S25D

SWIM LESSONS

Ages 1st Grade or Higher

8 Week Session

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Min. 3 Students per class - Registration can be done through online Member Self Service (MSS) or at the Front Desk

For more information contact Sara Hink, Aquatics Director: 414-525-2376 / shink@princetonclub.net

Note: If a class is full, you can still register and pay and will be put on a waiting list.

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Red Cross Program

Child must currently be in first grade or higher.

Advancement to the next level is dependent on mastery of previous level's skills.

Member Fee: \$81 Non-Member Fee: \$101

(\$91 Member and \$111 Non-Member Fee after Registration Deadline)

The "M" Classes are designed to concentrate on building block skills to make the level classes more attainable. The level classes with the "M" designation are the levels where hidden skills are taught for the next expected skill. The "M" classes may be taught simultaneously with other classes, however, progression will be more easily seen.

Level 1

Little or no previous water experience. Submerging, breathing, floats, glides and beginner stroke development.

DAY	TIME	CODE
Monday	6:30 - 7:15 pm	S28D
Tuesday	4:45 - 5:30 pm	S35D
Saturday	8:30 - 9:15 am	S8D
Saturday	11:45 am - 12:30 pm	S51D

Level 2

Refinement of breathing, front and back skills is continued to help the child start to be more independent.

DAY	TIME	CODE
Monday	6:30 - 7:15 pm	S28D
Tuesday	4:45 - 5:30 pm	S35D
Saturday	8:30 - 9:15 am	S8D
Saturday	11:45 am - 12:30 pm	S51D

Level 2M

This class introduces rotary breathing and elementary backstroke development. Will continue to promote independent swim on front and back.

DAY	TIME	CODE
Monday	4:45 - 5:30 pm	S27D
Tuesday	6:30 - 7:15 pm	S43D
Thursday	5:15 - 6:00 pm	S7D
Saturday	8:45 - 9:30 am	S30D

Level 2M+

Front crawl progression is taught, continued focus on rotary breathing, endurance and mastery of skills is practiced. Scissor kick is introduced.

DAY	TIME	CODE
Monday	4:45 - 5:30 pm	S27D
Tuesday	6:30 - 7:15 pm	S43D
Thursday	5:15 - 6:00 pm	S7D
Saturday	8:45 - 9:30 am	S30D

Level 3

Front crawl and elementary backstroke progression is emphasized. Introduction to dolphin and breaststroke kick.

DAY	TIME	CODE
Monday	4:30 - 5:15 pm	S41D
Wednesday	6:30 - 7:15 pm	S39D
Saturday	9:45 - 10:30 am	S36D

Level 3M

Continued refinement of strokes. Introduction to back crawl. Butterfly and breaststroke development is begun.

DAY	TIME	CODE
Monday	4:30 - 5:15 pm	S41D
Wednesday	6:30 - 7:15 pm	S39D
Saturday	9:45 - 10:30 am	S36D

Level 3M+

Swimmer will master skills that enhance Level 4. Butterfly and breaststroke development will begin.

DAY	TIME	CODE
Monday	6:30 - 7:15 pm	S31D
Thursday	6:15 - 7:00 pm	S32D

Level 4

Mastery of all stroke development. Open turns are introduced.

DAY	TIME	CODE
Monday	6:30 - 7:15 pm	S31D
Thursday	6:15 - 7:00 pm	S32D

All swimming lessons are subject to change based on the number of participants who have registered for the class. All classes need a minimum of 3 participants registered to run. In the event that a class does not have the minimum number of students to run Princeton will either combine the class with another one or cancel the class. In the event that a class is canceled you will be given these options:

- 1) Move into another swim lesson at the same level.
- 2) Pay the difference for a Private or Semi-Private swim lesson.
- 3) Receive a credit on your account. If for any reason you decide to withdraw from a class this must be done before the first week of classes and you will receive a credit on your account. Once classes have begun no refunds will be made. Due to the demand of the classes, and the fact that they fill, if your child or yourself miss a class it cannot be made up by attending another class.



AQUATIC SERVICES

The Aquatics Department offers more than just group swim lessons for children. There is also the option of private and semi-private lessons which offer convenience and personalization for the individual. Also offered - coaching, triathlon training and personal training for weight loss or rehabilitation.

For more information, contact Sara Hink, Aquatics Director at 414-525-2376 direct or e-mail: shink@princetonclub.net

WET Seniors (Work Exercise Tone)

Session D: April 23 - June 13

A special program developed for non-member seniors who would like limited usage of the aquatic center. Members are welcome (no charge) For more information, contact Sara Hink at 414-525-2376.

DAY	TIME	CODE
Tues. and Thurs.	1:30-3:30 pm	SENIORD

Non-Member Fee: \$85 (must be prepaid)

A pass will be issued. The pass and a photo ID are required at each visit. Members are welcome.

FITNESS SWIMMER

Session D: April 23 - June 13

Level 5 swimmer or higher. Continued focus on stroke development, turns, starts, endurance swimming and fitness principles of water exercise.

Member Fee: \$81 Non-Member Fee: \$101

Registration Deadline: April 19th

(\$91 Member and \$111 Non-Member Fee after Registration Deadline)

DAY	TIME	CODE
Monday	7:30 - 8:15 pm	S47D

*Capacity 10 participants

Aquatics Coaching

Hour Session Packages

1: \$55.00 6: \$324.00 12: \$624.00

1/2 Hour Session Packages

1: \$45.00 6: \$264.00 12: \$504.00

Front Desk Reference: Use Quick Keys

Private Swim Lessons

We have instructors available to provide you or your child (3 years old and older) that personal touch when it comes to learning to swim. Lessons can be purchased in packages of six (6) lessons. Once you have purchased your lessons Sara will contact you to set up your date and time. Please allow one week.

Six (6) Session Package

LENGTH	MEMBER FEE	NON-MEMBER FEE
1/2 Hour	\$130	\$177
3/4 Hour	\$180	\$225

Front Desk Reference: Use Quick Keys

Semi-Private Swim Lessons

We have instructors available to provide you or your child (3 years old and older) that personal touch when it comes to learning to swim. Lessons can be purchased in packages of six (6) lessons. Once you have purchased your lessons Sara will contact you to set up your date and time. Please allow one week.

Six (6) Session Package - 2 Students

LENGTH	MEMBER FEE	NON-MEMBER FEE
1/2 Hour	\$105	\$155
3/4 Hour	\$158	\$208

**All Semi-Private price rates are per child

Front Desk Reference: Use Quick Keys

