

# SWIM LESSONS

6 Months through Kindergarten

8 Week Session

Session C: October 28 - December 21 (Registration Deadline: October 21st)

\*No lessons on Thanksgiving - Thursday, November 28th. Thursday lessons prorated for a 7 week session.

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](mailto:shink@princetonclub.net)

Note: If a class is full, you can still register 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 (\*\$67) Non-Member Fee: \$96 (\*\$87)  
(\$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	S45C
Tuesday	10:00 - 10:30 am	S1C
Tuesday	5:45 - 6:15 pm	S5C
Wednesday	5:30 - 6:00 pm	S3C
Saturday	9:45 - 10:15 am	S4C

### 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	S45C
Tuesday	10:00 - 10:30 am	S1C
Tuesday	5:45 - 6:15 pm	S5C
Wednesday	5:30 - 6:00 pm	S3C
Saturday	9:45 - 10:15 am	S4C

## Little Tyke Program

Ages 3 to 5 years. Swim lessons for the toilet trained preschooler.

Member Fee: \$76.00 (\*\$67) Non-Member Fee: \$96.00 (\*\$87)  
(\$86 Member & \$106 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	S22C
Tuesday	11:30 am - 12:00 pm	S10C
Wednesday	10:15 - 10:45 am	S12C
Wednesday	5:30 - 6:00 pm	S21C
Wednesday	6:00 - 6:30 pm	S9C
Thursday	6:00 - 6:30 pm	S20C*
Saturday	8:15 - 8:45 am	S26C
Saturday	10:30 - 11:00 am	S13C

### 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	S14C
Tuesday	5:45 - 6:15 pm	S52C
Wednesday	11:00 - 11:30 am	S15C
Thursday	4:30 - 5:00 pm	S16C*
Saturday	9:00 - 9:30 am	S6C
Saturday	11:15 - 11:45 am	S17C

### 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	S50C
Thursday	5:15 - 5:45 pm	S18C*
Saturday	10:30 - 11:00 am	S19C

### 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	S50C
Thursday	5:15 - 5:45 pm	S18C*
Saturday	10:30 - 11:00 am	S19C

## Kindertyke Program

For those younger swimmers currently in kindergarten.

Member Fee: \$81 (\*\$72) Non-Member Fee: \$101 (\*\$92)  
(\$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	S44C
Wednesday	6:15 - 7:00 pm	S37C
Saturday	9:30 - 10:15 am	S23C
Saturday	11:15 am - 12:00 pm	S42C

### 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	S44C
Wednesday	6:15 - 7:00 pm	S37C
Saturday	9:30 - 10:15 am	S23C
Saturday	11:15 am - 12:00 pm	S42C

### 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	S40C
Wednesday	5:30 - 6:15 pm	S24C
Saturday	10:45 - 11:30 am	S25C

### 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	S40C
Wednesday	5:30 - 6:15 pm	S24C
Saturday	10:45 - 11:30 am	S25C

# SWIM LESSONS

## Ages 1st Grade or Higher

8 Week Session

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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 (\*\$72) Non-Member Fee: \$101 (\*\$92)

(\$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	S28C
Tuesday	4:45 - 5:30 pm	S35C
Saturday	8:30 - 9:15 am	S8C
Saturday	11:45 am - 12:30 pm	S51C

#### 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	S28C
Tuesday	4:45 - 5:30 pm	S35C
Saturday	8:30 - 9:15 am	S8C
Saturday	11:45 am - 12:30 pm	S51C

#### 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	S27C
Tuesday	6:30 - 7:15 pm	S43C
Thursday	5:15 - 6:00 pm	S7C*
Saturday	8:45 - 9:30 am	S30C

#### 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	S27C
Tuesday	6:30 - 7:15 pm	S43C
Thursday	5:15 - 6:00 pm	S7C*
Saturday	8:45 - 9:30 am	S30C

#### 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	S41C
Wednesday	6:30 - 7:15 pm	S39C
Saturday	9:45 - 10:30 am	S36C

#### 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	S41C
Wednesday	6:30 - 7:15 pm	S39C
Saturday	9:45 - 10:30 am	S36C

#### 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	S31C
Thursday	6:15 - 7:00 pm	S32C*

#### Level 4

Mastery of all stroke development. Open turns are introduced.

DAY	TIME	CODE
Monday	6:30 - 7:15 pm	S31C
Thursday	6:15 - 7:00 pm	S32C*

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](mailto:shink@princetonclub.net)

## WET Seniors (Work Exercise Tone)

Session C: October 29 - December 19

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.

<b>DAY</b>	<b>TIME</b>	<b>CODE</b>
Tues. and Thurs.	1:30-3:30 pm	SENIORC

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

8 Week Session

Session C: October 28 - December 16

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: October 21st, 2019

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

<b>DAY</b>	<b>TIME</b>	<b>CODE</b>
Monday	7:30 - 8:15 pm	S47C

\*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 to two weeks for scheduling.

### 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 to two weeks for scheduling.

### 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