

EARLY SPRING 2020 SWIM LESSONS

6 Months through Kindergarten

8 Week Session

Session B: March 2nd - April 25th (Registration Deadline: February 26th)

Min. 3 Students per class - Registration can be done through online Member Self Service (MSS) or at the Front Desk
For more information contact Aaron Kohlhapp, Aquatics Director: 414-525-2370 / aaron@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 | S45B |
| Tuesday | 10:00 - 10:30 am | S1B |
| Tuesday | 5:45 - 6:15 pm | S5B |
| Wednesday | 5:30 - 6:00 pm | S3B |
| Saturday | 9:45 - 10:15 am | S4B |

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 | S45B |
| Tuesday | 10:00 - 10:30 am | S1B |
| Tuesday | 5:45 - 6:15 pm | S5B |
| Wednesday | 5:30 - 6:00 pm | S3B |
| Saturday | 9:45 - 10:15 am | S4B |

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 | S22B |
| Tuesday | 11:30 am - 12:00 pm | S10B |
| Wednesday | 10:15 - 10:45 am | S12B |
| Wednesday | 5:30 - 6:00 pm | S21B |
| Wednesday | 6:00 - 6:30 pm | S9B |
| Thursday | 6:00 - 6:30 pm | S20B |
| Saturday | 8:15 - 8:45 am | S26B |
| Saturday | 10:30 - 11:00 am | S13B |

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 | S14B |
| Tuesday | 5:45 - 6:15 pm | S52B |
| Wednesday | 11:00 - 11:30 am | S15B |
| Thursday | 4:30 - 5:00 pm | S16B |
| Saturday | 9:00 - 9:30 am | S6B |
| Saturday | 11:15 - 11:45 am | S17B |

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 | S50B |
| Thursday | 5:15 - 5:45 pm | S18B |
| Saturday | 10:30 - 11:00 am | S19B |

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 | S50B |
| Thursday | 5:15 - 5:45 pm | S18B |
| Saturday | 10:30 - 11:00 am | S19B |

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 | S44B |
| Wednesday | 6:15 - 7:00 pm | S37B |
| Saturday | 9:30 - 10:15 am | S23B |
| Saturday | 11:15 am - 12:00 pm | S42B |

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 | S44B |
| Wednesday | 6:15 - 7:00 pm | S37B |
| Saturday | 9:30 - 10:15 am | S23B |
| Saturday | 11:15 am - 12:00 pm | S42B |

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 | S40B |
| Wednesday | 5:30 - 6:15 pm | S24B |
| Saturday | 10:45 - 11:30 am | S25B |

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 | S40B |
| Wednesday | 5:30 - 6:15 pm | S24B |
| Saturday | 10:45 - 11:30 am | S25B |

SWIM LESSONS

Ages 1st Grade or Higher

8 Week Session

Session B: March 2nd - April 25th (Registration Deadline: February 26th)

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

For more information contact Aaron Kohlhapp, Aquatics Director: 414-525-2370 / aaron@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

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 | S28B |
| Tuesday | 4:45 - 5:30 pm | S35B |
| Saturday | 8:30 - 9:15 am | S8B* |
| Saturday | 11:45 am - 12:30 pm | S51B |

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 | S28B |
| Tuesday | 4:45 - 5:30 pm | S35B |
| Saturday | 8:30 - 9:15 am | S8B |
| Saturday | 11:45 am - 12:30 pm | S51B |

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 | S27B |
| Tuesday | 6:30 - 7:15 pm | S43B |
| Thursday | 5:15 - 6:00 pm | S7B |
| Saturday | 8:45 - 9:30 am | S30B |

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 | S27B |
| Tuesday | 6:30 - 7:15 pm | S43B |
| Thursday | 5:15 - 6:00 pm | S7B |
| Saturday | 8:45 - 9:30 am | S30B |

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 | S41B |
| Wednesday | 6:30 - 7:15 pm | S39B |
| Saturday | 9:45 - 10:30 am | S36B |

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 | S41B |
| Wednesday | 6:30 - 7:15 pm | S39B |
| Saturday | 9:45 - 10:30 am | S36B* |

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 | S31B |
| Thursday | 6:15 - 7:00 pm | S32B |

Level 4

Mastery of all stroke development. Open turns are introduced.

| DAY | TIME | CODE |
|----------|----------------|------|
| Monday | 6:30 - 7:15 pm | S31B |
| Thursday | 6:15 - 7:00 pm | S32B |

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.

PRINCETON CLUB
"we're committed to you"



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 Aaron Kohlhapp, Aquatics Director
414-525-2370 direct or e-mail: aaron@princetonclub.net

WET Seniors (Work Exercise Tone)

Session B: March 3 - April 23

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 Aaron Kohlhapp at 414-525-2370.

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

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 B: March 2 - April 20

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: February 26th

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

| DAY | TIME | CODE |
|--------|----------------|------|
| Monday | 7:30 - 8:15 pm | S47B |

*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

