

## 2009 GAEL AQUATIC CLUB SPRING LESSON PROGRAM

*All swimmers must come to a mandatory  
water readiness check on Feb. 4+5!*

For the past five years, the Gael Aquatic Club competitive lessons program has been the premier learn to swim program in Westchester. Based on overwhelming interest and space limitations that limit our ability to accept all youngsters looking for instruction, we are limiting this year's program to only siblings of existing Gael Aquatic Club team members **as well as current Starfish swimmers (Starfish ends Mar, 11)**

This year's program will begin on March 30th, 2009 and will meet for 6 weeks through Thursday, May 7th<sup>h</sup>.

These lessons will focus on preparing young swimmers for the upcoming summer season, as well as giving them a safe introduction towards a future in competitive swimming.

In order to maximize the experience for the participants, we are going to ask that all children seeking to participate come to one of two brief screening sessions, so we can accurately accept and place them into the proper instructional group.

Swimmers should come ready to swim at 4:30pm on either **Wed. Feb. 4 or Thur. Feb. 5**. The swimmers will be in the water with an instructor who will check for water readiness (**face in water and breathing**) ability (**any arm movement, floating, kicking, etc**) and evaluate comfort and listening skills. The session will not last past 5:00pm and no pre-registration is necessary.

Group placement will be finalized on Feb. 10th via e-mail and bills will be mailed from registration forms completed on Feb. 4+5. **Siblings of current Aquatic Club members will be given priority placement.** Attendance at water readiness check is mandatory for placement; however, does not guarantee placement as we strive for a stimulating and productive learning environment.

*There will be two levels offered this year:*

**Tadpoles (Blue & Green groups)** will be comprised of youngsters between the ages of **5 and 7** who need to start from the basics. Swimmers in this group will need to learn such skills as putting their faces in the water, blowing bubbles and breathing properly, with the goal of learning overhand freestyle and backstroke as they progress. The only pre-requisite for this group is that the participants are **not afraid to enter the water with a male or female instructor present (we will not take requests for a specific instructor as we are still formalizing staffing)**. At the completion of these sessions, participants will not only be water safe, but swimming savvy as well.

### **BLUE TADPOLES**

**Mondays and Wednesdays**

**Time: 4:00 – 4:30 PM**

**Group size: 5-6 swimmers**

**Sessions: 12**

**Fee: \$250**

### **GREEN TADPOLES**

**Tuesdays and Thursdays**

**Time: 4:00-4:30 PM**

**Group size: 5-6 swimmers**

**Sessions: 12**

**Fee: \$250**

**Guppies** (*Red and Orange groups*) will be made up of swimmers who have already received instruction and can swim freestyle (with out of the water arm recovery and breathing to the side) and backstroke (also with out of the water arm recovery and elevated hips and head parallel to the water). Swimmers must **be at least 6, and no older than 8**. Throughout these competitive lessons, swimmers will perfect their freestyle and backstroke, learn the mechanics of breaststroke and butterfly as well as racing starts. The ultimate goal of this group is to sharpen the participant's skills while preparing them to perform on a competitive summer

### **RED GUPPIES**

**Mondays and Wednesdays**

**Time: 3:45-4:30 PM**

**Group size: 6-7 swimmers**

**Sessions: 12**

**Fee: \$275**

### **ORANGE GUPPIES**

**Tuesdays and Thursdays**

**Time: 3:45-4:30 PM**

**Group size: 6-7 swimmers**

**Sessions: 12**

**Fee: \$275**

- Once we determine whether swimmers fit into our Tadpoles or Guppies level, we will ask you to choose which days you will be participating in. The Blue Tadpoles and Red Guppies will meet on Mondays and Wednesdays, while the Green Tadpoles and Orange Guppies will meet on Tuesdays and Thursdays. We cannot allow for specialized schedules as instructors and group sizes are set up in advance.
- Classes will be taught by Iona College and Gael Aquatic Club coaching staff members including Nick Cavataro, Brian Hansbury, Chris Brandenberger and other members of the Aquatic staff to be named later. There is no ability to "request" a specific instructor as they are scheduled around their specific availability. All are extraordinary instructors!
- Parents and escorts may watch sessions; however, must remain on the carpeted level of the pool area. At no time may parents come onto the tiled deck. If you bring other siblings simultaneously, you must supervise them at all times. Siblings are prohibited from running, climbing on equipment and making loud noises. Please consider books, coloring, game boys etc for amusement.
- Snacking and juice bottles can be used on the carpet deck, but should be small in nature. The carpeted pool deck is not a picnic area.
- Classes are small and expected to be full; and, instructors will be set. Yet, if the instructor determines that one class is not a good fit for a swimmer in a group, we may need to adjust a swimmer. However, this type of move will be extremely limited and individual requests for movement can not be considered.
- Many instructors will be teaching back-to-back classes or moving right into a regularly scheduled practice session at 4:30pm and unavailable for chatting on the spot. Please feel free to communicate any concerns via e-mail to [ncavataro@iona.edu](mailto:ncavataro@iona.edu) and we will get an answer and/or forward it to the instructor.

Questions, please contact:

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