



NEW YORK SHARKS LEARN-TO-SWIM

The Learn-To-Swim program is ready to begin. Just two days ago we got the word when we could start. We have secured the Camp Venture pool for Saturday Mornings from 10:30 a.m. to 12:30 p.m. They have two small pools with real warm water. Great for Instruction!

LOCATION:

- Venture Center Day Habilitation, 230 Route 340, Sparkill, NY 10976
- The pools have a separate entrance at the back of the building. There are boys and girls locker rooms located on the pool deck.

DATES:

- Session #1 – Will start Saturday, November 7th, 2009. There will be five classes in this session: Nov. 7th, Nov. 14th, Nov. 21st, Dec. 5th, and Dec. 12th.
- Session #2 – Will start in January 2010
- Session #3 – Will start in late February 2010

COST:

- The cost of these lessons is \$100 per five lessons. If any session goes longer than 5 lessons, each additional lesson will be an additional \$20.00
- Swimmers that participated in the New York Sharks spring session 2009 will receive the first session free. They can split this fee with another child that was not in the spring program.

LEVELS:

- **Sand Sharks I:** (Non-Swimmer) Very beginning level (ages 4-6)
- **Sand Sharks II:** (Non-Swimmer) Beginning Level but not afraid of the water (ages 4-7)
- **Tiger Sharks I:** (Water Safe Swimmer) Swimmer will work on beginning swimming skills and beginning stroke work, (approximate ages: 5-8)
- **Tiger Sharks II:** (Can swim) swimmer will work on refinement of their competitive swimming skills. (approximate ages: 6-9)
- **Mako Sharks:** Swimmers that need refinement of strokes and stroke drills to prepare that swimmer for the swim team. (approximate ages: 6-10)
- **Mommy and Me:** This is for new mothers and fathers with infant's ages 6 months to 2 years. Will work on becoming not afraid of the water, learn basic movement skills, and to create a stronger bond and trust between child and parent.

Swimmers will be tested on the first day and assigned the proper group. Classes will be limited to 20 swimmers in each class period. Will try to have a 4 on 1 instructor/swimmer ratio.

CLASS

10:30 to 11:05 a.m. (35 minutes): Sand Sharks I, Sand Sharks II, and Tiger Sharks I

SCHEDULE:

11:10 to 11:45 a.m. (35 minutes): Sand Sharks I, Sand Sharks II, and Tiger Sharks I

11:50 to 12:25 p.m. (35 minutes); Tiger Sharks II, Mako Sharks, and Mommy and Me

REGISTRATION:

A Registration Form will be finalized and sent out next week. Information will also be available shortly on the New York Sharks Website.

CONTACT:

Roger Ridenour, Learn-To-Swim Director
8 Lakeshore Drive, Lake Sapphire
Monroe, NY 10950

E-mail: roger.nysharks@yahoo.com (best) Cell: 845-325-5152