

## Norwin Aqua Club

Hello! I want to pass this letter on to our Learn to Swim families to give you a "road map" what happens after my child completes the advanced swim lessons?

Norwin Aqua Club ("NAC") has three levels of lessons in our Learn to Swim program. Beginner/Beginner plus, Intermediate, and Advanced. Our instructors are current Norwin Aqua Club swimmers who have been selected as instructors. The instructors are typically Jr. High and High School students who are advanced level swimmers. Each group has a leader who is in charge of the group. They all are given lesson plans designed by our Coaching Staff. We always have two to three Lifeguards on deck at all times and have at least two coaches on deck to oversee our instructors and deck hands. Our NAC Coaches have current Lifeguard Certification, CPR/First Aid Certification and have current Act 33/34 and Act 151 clearances.

The Beginner/Beginner plus is for our youngest and newest swimmers. Children range in ages from four to six years old. We teach basic water introduction such as putting face in water, blowing bubbles, kicking drills and instructors will take the swimmers 1 on 1 from the wall to practice floating. These swimmers are in the shallow end of the pool.

The Intermediate group varies in age. They have mastered the beginner skills and continue to build with progressive to more independent work while working 1 on 1 with our swim instructors. This group work in the middle section of the pool.

The Advanced group works in the deep end of the pool. The instructors are teaching more stroke technique and also building endurance and strength. You will see them swimming the width of the pool independently while an instructor swims along side of the student. Here the goal is to get the swimmer to Aqua Academy.

Our Aqua Academy program is designed for the swimmer who has passed our advance swim lessons. Aqua Academy is typically held on Mondays & Wednesdays from 4:45 to 5:30. This is run by our coaches

along with selected high school swim instructors. This program teaches the mechanics of the 4 swimming strokes (Freestyle, Backstroke, Breaststroke & Butterfly) while also learning starts & turns and continuing to build confidence and endurance in the water. This has a smaller swimmer to coach ratio. The goal of the Aqua Academy is to prepare the swimmer to join Norwin Aqua Club.

Norwin Aqua Club is developmental swim team that competes in The Chestnut Ridge swimming league. This consists of 8 other local swim teams. We have our year broken into 3 seasons. Fall runs from usually the first day of school until the Holiday break in December. The winter season picks up in January and runs till April 30. The summer season begins May 1 & runs till about the 2<sup>nd</sup> week of August taking the last 2 weeks off before school starts.

The team is broken into 4 groups. Otters, Seal, Sharks & Dolphins.

The Otter group is made up of swimmers of various ages who are just beginning to be introduced to the sport of swimming. Emphasis is placed on stroke technique and drill work as well as starts and turns. Practice is one hour in length, 5:30-6:30 pm.

The Seal group is the next level designed to build endurance and strength. Proficiency in competitive strokes is stressed. Practice is 90 minutes in length from 5:30-7:00 pm

The Shark group is designed to develop the ability to compete at a higher level of performance. Fundamentals are stressed with an increased level of difficulty and duration of workout. Practice is 1hour 45 minutes in length, 6:45-8:30 pm.

The Dolphin group is designed for the advanced swimmer to compete at the upper level of competition. Workouts are at a higher level of intensity. Practice is 2 hours and 15 minutes in length, 6:15-8:30 pm.

We are in a competitive league, when the swimmer is ready the coaches will let them know that they are meet eligible and can begin competing

with the team. All swim meets are on Saturdays. We have 8 meets per season, The Fall/Winter season runs as one and ends with with a Championship meet. This is where all teams will meet at host school at the end of March and will crown a Champion. The past 2 Winter Champs Norwin has finished 2<sup>nd</sup>. The Summer season meets are on Tuesday & Thursday evenings, and like the winter we have 8 meets. Then the last Saturday in July we also have a Summer Champs. The last 2 years we have placed 2<sup>nd</sup> and 3<sup>rd</sup> place.

Our coaching staff is made up of former swimmers. One is in Norwin's Hall of fame, a few made it to State Championships, others were All Americans in college. The coaches themselves have all competed at all levels, set records at high schools and colleges themselves. They bring a great deal of experience to our coaching staff. A few coaches began with Aqua Club lessons progressed thru the years and now coach for NAC.

Swimming is not only about only competing at a high level or setting records. It's about having fun making friends in a safe, friendly environment. You can begin your swimming career at 4 years of age and continue the rest of your life. There are Adult USA swimming meets and there were 90 yr olds competing in the pool!

I hope this helps explain the programs NAC has to offer your child.

If you have any questions please feel free to stop at the pool one evening, on Saturdays during lessons or you can email me at [bdriscoll2k10@gmail.com](mailto:bdriscoll2k10@gmail.com). I'll be happy to speak with you.

Bob Driscoll  
President Norwin Aqua Club