

SJAC

SWIM SCHOOL

at NL Aquatic Center

Group Lessons | Private Lessons | Special Needs Lessons | Adult Lessons | Junior Team | Fit-Tech



ABOUT US

SJAC Swim School has been providing swimming lessons at the NL Aquatic Center since 2016 and has grown to over 470 swimmers.

Group and Private lessons are available to teach swimmers of all ages and abilities how to swim, achieve their goals and develop a lifelong love of swimming and water, in a fun, innovative and safe environment. 6 Levels along with Junior Team and FitTech options allow for growth & provide a team environment, with up to 3 practices a week to prepare you for the SJAC team.

GROUP LESSONS

- Sessions typically last 7-8 weeks with 1 make-up
- *Standard* offers 1 lesson/wk, *Accelerated* (Summer only) 4 lessons/wk
- It is common for swimmers to repeat levels with only 6 learn to swim levels. Each swimmer achieves his/her goals at their own pace.

PRIVATE LESSONS

- Available for swimmers wanting more individualized attention.
- Instructors are available for learn-to-swim kids (2 1/2 & up), adults and competitive athletes.
- A typical session lasts 6 weeks, has 1 - 30-minute lesson per week and costs \$200. 20 min lessons are available for younger swimmers

NL AQUATIC CENTER FACILITY COST

In addition to lesson cost, each family MUST choose ONE of the following:

- \$60 *Annual Family Fee* (pool access for lesson only) OR
- \$25/*Monthly* (1 child) or \$35/*Monthly* (2+ children) Membership
 - Access to open & lap swim
 - 5-10% off lessons, \$60 Fee goes away
 - 20% off Group Aquatic Exercise

NEW SWIMMER REGISTRATION

1. Thoroughly read both pages of this document
2. Formulate any questions
3. Contact Tim Holcroft, at (856) 335-3007 or at tholcroft@nlaquatics.com to answer any questions
4. Schedule a swimmer evaluation for level assessment
5. Review lesson availability and register online.
6. Welcome to the SJAC Swim School Family!
7. GROW WITH US!

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Water Babies

A fun introduction to the water for gaining comfortability and confidence while enhancing the bond between parent and child. Our program is designed for swimmer 6 months - 3 years.

Ratio- 10:1 | Price- \$140 | Lessons- 7-30 Min

Level 1

Designed for the beginner swimmer(s) to become more comfortable in the water without assistance. Our focus is on basic water safety, breath control, kicking, paddling and body position.

Ratio- 3:1 | Price- \$155 | Lessons- 7-30 Min

Level 2

Focus is on the introduction of backstroke, freestyle, body rotation, sitting dives, treading water, and retrieving objects from the bottom of the pool with minimal assistance.

Ratio- 3:1 | Price- \$155 | Lessons- 7-30 Min

Level 3

Swimmers will refine backstroke, build endurance, learn freestyle rotary breathing, kneeling dives, treading water more efficiently, and retrieving objects from the bottom of the pool.

Ratio- 3:1 | Price- \$155 | Lessons- 7-30 Min

Level 4

Our focus will be refining freestyle and backstroke, improving endurance and treading water, standing dives, and introducing the fundamentals of breaststroke and vertical kicking.

Ratio- 4:1 | Price- \$155 | Lessons- 7-30 Min

Level 5

Our main focus is on endurance and technique. Swimmers will review and refine freestyle, backstroke, and breaststroke, and be introduced to butterfly while focusing on pool etiquette and team skills.

Ratio- 4:1 | Price- \$155 | Lessons- 7-30 Min

Level 6

Swimmers will become proficient in all four strokes. In a 'team like' environment we introduce the pace clock, interval training, flip & open turns, Individual Medley (100 IM), along with swimming terminology.

Ratio- 5:1 | Price- \$220 | Lessons- 7-45 Min

Special Needs

Swimmers will advance their abilities while building self-esteem, social skills and aerobic fitness. Swimmers will strengthen and tone muscles, improve spatial awareness and gross motor coordination/control.

Ratio- Varies | Price- Varies | Lessons- Varies

Private Lessons

Customize to your needs regardless of age and ability! Give us a call to discuss options. Prices vary by instructor, day & time. Semi-privates available.

Ratio- 1:1 | Price- \$130 | Lessons- 6/20 Min

Ratio- 1:1 | Price- \$200 | Lessons- 6/30 Min

Ratio- 1:1 | Price- \$252 | Lessons- 6/45 Min

Junior Team & Fit-Tech (Fins required)

Junior Team focuses on technique, endurance, team building, core strength and fun for swimmers ages 6-11.

Fit-Tech Team is designed for swimmers ages 11-14 that want to improve their technique and fitness.

JT Ratio- 10:1 | Price- \$240 | 3-1hr/wk | 8 wks

FT Ratio- 15:1 | Price- \$220 | 3-1hr/wk | 8 wks