

Adults Winter/Spring 2020 Sessions- Swimming Lessons

Winter 2020: January 7-March 27

Spring 2020: March 31-June 12

www.berkeleyaquaticclub.com

Registration is on line with a credit card or on the pool deck with cash or check



629 Central Avenue*New Providence, NJ*
The Berkeley Swim School*(908) 464-1995

Welcome to The Berkeley Swim School Adult Programs

Our professional staff of adult instructors, teachers and coaches is poised and ready to address your swimming needs at all levels and abilities. If you are just learning to swim, or are an accomplished swimmer, we will provide an instructor who will motivate and teach you so that you can progress to the next level. This process may take some time and some perseverance and we will work with you at your own pace. "Water is an incredible resource for fitness because it simultaneously provides buoyancy and resistance. Water exercise works for everyone, every body and every ability."

If you miss a class for whatever reason, please feel free to make it up in one of the other classes but always at the same level. We will also be flexible with the times should you be running behind schedule or wish to begin your class at an earlier time.

Adult Programs

■ **C LEVEL: WATER BASICS:** We start with simple, safe exercises to learn balance. As soon as you master balance- the feeling of being completely and effortlessly supported by the water- you'll stop fighting "that sinking feeling" and feel more comfortable. You'll also learn every subsequent skill much faster. Balance is the foundation skill of efficient swimming. Until you learn it, all your movements will be tiring and inefficient. Learn to swim and enjoy the experience.

Skills- *Floating, Submersion, Treading Water, Freestyle, Elementary Backstroke, and Breathing.*

■ **B LEVEL: MORE SKILLS:** Now that you can get across the pool, we'll begin to work on learning other ways of moving through the water. You'll begin to use your skills for recreation. We'll work on increasing your comfort, learning new strokes and building confidence in the water.

Skills- *Breathing Patters, Backstroke, Breaststroke and Flexibility Drills.*

■ **A LEVEL: ENDURANCE:** The A team enjoys a mixed session of both instruction and practice. These swimmers have developed enough swimming endurance to swim for a period of time with rotary breathing but wish to learn new strokes, improve efficiency and use swimming as a form of exercise.

Skills- *Turns, Backstroke, Breaststroke, Butterfly, Pace Clock Understanding, Enhancing Workouts*

■ **FITNESS- EXPERIENCED SWIMMERS:** Swimmers who participate in a 90 min. coach directed practice. These sessions will include warm-up and swim down, aerobic, anaerobic and skill sets. Master level swimmers, cross trainers, and triathletes are welcome.

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Adult Classes

Winter 2020

| Adult C :90 | Time | Cost |
|-------------|----------------|----------|
| Tuesday | 10:00- 11:30am | \$372.00 |
| Friday | 10:00- 11:30am | \$372.00 |

| Adult B :90 | Time | Cost |
|-------------|--------------|----------|
| Tuesday | 8:00-10:00am | \$372.00 |
| Friday | 8:00-10:00am | \$372.00 |

| Adult A & *Fitness :90 | Time | Cost |
|---------------------------|--------------|----------|
| Tuesday | 8:00-10:00am | \$372.00 |
| Friday | 8:00-10:00am | \$372.00 |

RECREATIONAL/ LAP SWIMMING*

Monday - Friday 8:00 am- 12:00 pm

Free for presently enrolled students

| | Adult | New Providence Resident | Adult 65+ | Adult 65+ New Providence Resident |
|----------|-------|-------------------------|-----------|-----------------------------------|
| Daily | \$8 | \$5 | \$5 | \$4 |
| 20 Swims | \$140 | \$95 | \$95 | \$75 |
| 50 Swims | \$310 | \$200 | \$200 | \$150 |

*Subject to change

MASTERS PRACTICES- at New Providence Pool

Please check the website for all necessary Masters practice times and information!

Spring 2020

| Adult C :90 | Time | Cost |
|-------------|----------------|----------|
| Tuesday | 10:00- 11:30am | \$341.00 |
| Friday | 10:00- 11:30am | \$341.00 |

| Adult B :90 | Time | Cost |
|-------------|--------------|----------|
| Tuesday | 8:00-10:00am | \$341.00 |
| Friday | 8:00-10:00am | \$341.00 |

| Adult A & Fitness :90 | Time | Cost |
|--------------------------|--------------|----------|
| Tuesday | 8:00-10:00am | \$341.00 |
| Friday | 8:00-10:00am | \$341.00 |

Contact

Marlene Curtis: marlene@berkeleyaquaticclub.com
*BAC Coach, Swim School Adult Instructor,
 Masters in Physiology*

Private Lessons:

:30 - \$40.00 / :45 - \$60.00 / :60 - \$80.00

Call 908.464.1995 To Schedule

Winter/Spring 2020 Adults- REGISTRATION FORM

Please fill out this form completely. A 25% Fee will be charged for any cancellation. NO refunds after first class.

| Students' Name | DOB | Class Level | Session | Days |
|----------------|-------|-------------|---------|-------|
| _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ |

Address _____ Phone (C) () _____

Town _____ Zip _____ Phone (H) () _____

Email _____

*Checks should be made out to Berkeley Aquatic Club