



**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 for children as young as 6 months and adults of any age since 2016. The program has grown to over 1,000 swimmers.

Small Group and Private lessons are available to teach swimmers of all ages and abilities how to confidently swim, achieve their goals, build character, and develop a lifelong love of swimming and water, in a fun, safe, and innovative environment. 6 Levels along with Junior Team and Fit-Tech options allow for growth & provide a team setting, with up to 3 practices a week to prepare you for SJAC, Summer or High School Teams or to develop a strong foundation for fitness.

## GROUP LESSONS

- Sessions typically last 7-8 weeks, including 1 make-up, if needed
- *Standard* offers 1 lesson/wk, *Accelerated* - 4 lessons/wk (Summer)
- 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, with 1 - 30-minute lesson/week and 2 make-ups, if needed. 20 min lessons are avail. for younger swimmers.

## NL AQUATIC CENTER FACILITY COST

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

- \$75 *Annual Family Registration Fee* (pool access for lesson only) *OR*
- \$30/*Monthly* (1 child) or \$40/*Monthly* (2+ children) *Membership*
  - Access to open & lap swim
  - Discounted membership cost, \$75 Fee goes away

## NEW SWIMMER REGISTRATION

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

### 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- 8:1 | Price- \$225 | 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- \$225 | 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- \$225 | 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 or 4:1 | Price- \$225 | 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- \$225 | 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- 5:1 | Price- \$225 | 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 or 6:1 | Price- \$275 | 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 & Semi- Private Lessons

Customize to your needs regardless of age and ability! Give us a call to discuss options. Packages include 6 lessons and 2 make-ups.

**Ratio- 1:1 | Price- \$230 | Lessons- 6/20 Min**

**Ratio- 1:1 | Price- \$325 | Lessons- 6/30 Min**

**Ratio- 2:1 | Price- \$245 | Lessons- 6/30 Min**

### Junior Team & Fit-Tech (Fins required)

**Junior Team** focuses on technique, endurance, team building, core strength and fun for swimmers ages 6-8.

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

**JT Ratio- 10:1 | Price- \$225 | 2-1hr/wk | 8 wks**

**FT Ratio- 15:1 | Price- \$285 | 3-1hr/wk | 8 wks**