

2019 NBYC Swimming Registration

Parent Name: _____ Cell #: _____

Select Swim Level/Session

Full Season: June 24-August 16

Half Season: Any 4 weeks

Part Time: Pick your days in advance and we will put together a daily/weekly rate if you can't commit to full/half season.

Pre-School Level 1	Pre-School Level 2	Beginner	Intermediate	Advanced	Juniors Program
Age 3 15-20 min	Age 4-5 20-30 min	Age 5-7 30 min	Age 7-9 30 min	Age 9-11 30 min	Age 11+ 1 hour
\$75/\$150 Half/Full	\$85/\$170 Half/Full	\$100/\$200 Half/Full	\$100/\$200 Half/Full	\$100/\$200 Half/Full	\$130/\$260 Half/Full \$75 Boaters License
T-W-Th **10:00	T-W-Th **10:30	T-W-Th **11:00	T-W-Th **12:30	T-W-Th **12:00	**TBD

DETAILED CLASS DESCRIPTIONS AND CURRICULUM BELOW

**Times are tentative and will be slotted based on enrollment and class size. We will do our best to accommodate time requests/constraints due to sailing lesson schedules.

Child #1 Name: _____ Age: _____

Swimming Level: _____

Session (Full/Half/Part-Time): _____

Time Preference/Constraints: _____

Child #2 Name: _____ Age: _____

Swimming Level: _____

Session (Full/Half/Part-Time): _____

Time Preference/Constraints: _____

Child #3 Name: _____ Age: _____

Swimming Level: _____

Session (Full/Half/Part-Time): _____

Time Preference/Constraints: _____

Payment/Fees

I acknowledge that I have read and will comply with the 2019 Swim Program Health Release and Waiver of Liability.

Signature: _____ Date: _____

NBYC Member (Y/N)
(Y/N)

Current NBSA Student

Parent Email: _____

Child 1:	Fee:
Child 2:	Fee (10% off):
Child 3:	Fee (10% off):
TOTAL DUE:	

PAYMENT OPTIONS:

Check - Make out to NBYC Swim, Box 416, Niantic CT, 06357

Check/Cash-Make out to NBYC Swim and Leave in the Office Swim Mailbox

Credit Card - Payment can be made in the club office (Must note ref #)

Questions?

Email jaymekeefe@gmail.com OR
cnjason81@gmail.com

NBYC Swimming Level Descriptions

The ages are just for general guidance. We recognize that all kids have different swimming abilities that may be higher/lower than the suggested ages. While the Preschool levels have similar skills to the Beginner class, they will be instructed with the understanding that our youngest students may have shorter attention spans and lower levels of independence. Along with building strong swimmers, the goals of the program also include developing confidence in the water, exposing to age appropriate water safety skills and having fun.

Pre-School Level 1 (Age 3, 15-20 minutes, 3-4 students per class)

This level centers around making the child become comfortable in the water. The child must be able to take instruction independently. He/she will work on basic swim skills including: safe ways to enter and exit water, blowing bubbles, submerging face in the water, floating, gliding, arm action and kicking.

Pre-School Level 2 (Age 4-5, 20-30 minutes, 3-4 students per class)

This level builds upon the skills taught in Pre-School Level 1 with the student progressing towards independence with each skill. The child must be able to take instruction independently. In addition to the skills from Preschool 1, students may also be introduced to the following skills: bobbing, jumping into water with support, retrieving submerged objects, arm and leg motions for treading water, combining arm action and kicking.

Beginner (Age 5-7, 30 minutes, 4-5 students per class)

This is a beginner swim class. Students in this level will be introduced to appropriate ways to enter and exit water, blowing bubbles, submerging and holding breath, floating, gliding, recovering to a standing position, moving arms in the water, kicking, combining arms and kicking. In this level, students will also be introduced to safety topics including: recognizing an emergency, calling for help, and using life-saving devices. The goal is to begin to hold front and back floats independently and begin to swim without assistance.

Intermediate (Age 7-9, 30 minutes, 4-5 students per class)

This class is designed for the student who can swim independently with alternating arm and leg movement. Skills from the Beginner class will be built upon as students are introduced to the streamline position and rotary breathing. Students will practice floating and treading for longer periods of time as well as being introduced to survival swimming and floating techniques. Intermediate students will practice stroke mechanics on both their fronts and back to develop more efficient swimming. Arm and leg movements for breaststroke, elementary backstroke and side stroke may be introduced. The goal of the intermediate class is for students to swim a longer distance independently incorporating breathing techniques as well as beginning to learn additional strokes.

Advanced (Age 9-11, 30 minutes, 6-7 students per class)

A student in the advanced level is already comfortable in all depths of water and demonstrates knowledge of different strokes both on the front and back. This class pushes them to strengthen swim strokes. Students will continue to strengthen rotary breathing and will work on putting together appropriate arm movement and kicks for breaststroke, elementary backstroke and side stroke. Advanced students will learn the butterfly arms and kick. Although it may be difficult in open water, students will be introduced to different turns for each stroke. More advanced safety and survival skills will be introduced to bridge advanced students towards Junior Lifeguarding instruction. The goal of this course is to swim a variety of stroke with efficient stroke mechanics while also beginning to build endurance.

Juniors Program (Age 11+, 2 hours per week)

The Juniors Program is for swimmers who have already taken multiple years of swimming instruction. This program will focus on strengthening swimming endurance and water safety skills. We hope this will be "Swim Team" type experience. We also hope to incorporate skills associated with CPR and Junior Lifeguarding. In addition to a swim session we will also have a visiting instructor who will be teaching 8 classroom hours so our Juniors can attain their boaters license.

Session 1 June 24-July 19 \$130: Swim Team/Water Safety/Junior Lifeguarding/CPR skills
(Two 1 hour classes per week in the later afternoon/early evening)

Session 2: July 22-August 16 \$130: Endurance Training with swim instructor

Boaters License Course\$75: Four 2 hour classes with Mark Vining from Boat Safe Connecticut.

If interested please register so we can create a schedule that works for most of our Juniors.

Tentative dates 7/23, 7/30, 8/6, 8/13