



SUMMER '23 SWIM SCHOOL

12 Week Session
June 12th – Sep 3rd

Summer classes available
7 days a week!

M-F 4:30PM – 6PM

Sat & Sun 9AM – 1PM

30-minute class

MINNOWS - PUFFERS - DOLPHINS

Members: \$505 Non-Members: \$660

60-minute class

SHARKS

Members: \$910 Non-Members: \$1,190

Email Crissy@tcr-nyc.com to signup!

SWIM SCHEDULE

2023 – 2024

(General times of availability.)

SWIM SCHOOL

M-TH	4PM – 6PM
FRI	4PM – 7PM
SAT-SUN	9AM - 1PM

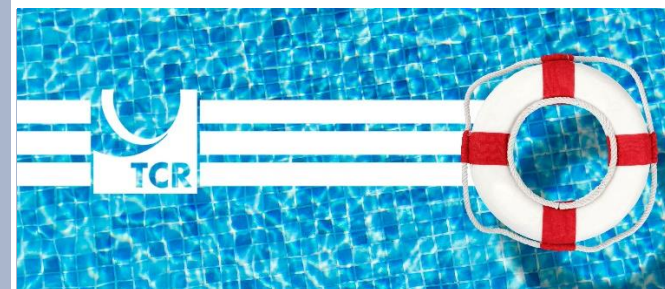
SWIM PRIVATES

M-FRI	8AM – 9PM
SAT	8AM – 5PM
SUN	8AM – 5PM



Aquatics Director
Cristiana Klipstein
Crissy@tcr-nyc.com
718 796 9099

SWIM INSTRUCTION



Swim School Private Lessons

**COME ON IN,
THE WATER IS GREAT!**



The Club of Riverdale
2600 Netherland Ave
Riverdale, NY 10463

718-796-9099

TCR-NYC.com

The fun, professional way for you and your children to learn how to swim!

SWIM SCHOOL

2023 17-Week Spring Session: 1/23 – 6/4

MINNOWS (6 months – 3yrs)

An exciting half hour class taught in the shallow section of our pool for future swimmers accompanied by an adult. Children are introduced to the water as they enjoy fun and games as well as exercises to encourage coordination while parents learn basic water safety for their children. Students are taught supported floating, rhythmic breathing, flutter kicking, gliding, and finning. Children must wear a swim diaper if it applies and have a parent or caregiver in the water with them.

**Class Times: SAT & SUN 9:30-10AM
12-12:30PM, 12:30-1:00PM**

PUFFER FISH (3 – 5 YEARS)

Children explore water-learning skills including learning to float without support, putting their face in the water, alternate arm action for the front crawl stroke, elementary backstroke, breaststroke and deep water orientation. This course is a half hour and is taught in shallow and deep water.

**Class Times:
M-F: 3-4PM, SAT-SUN: 10 -10:30AM**

DOLPHINS (4 – 8 YEARS)

Children will be swimming with their faces in the water, learning side breath positioning while swimming front crawl, Instruction on backstroke, breaststroke and dolphin kicking. Basic diving and improved endurance on swimming skills taught.

**Class Times:
M-F: 4-5PM, SAT-SUN: 10:30 -11AM**



SHARKS (7 – 16 YEARS)

Instruction on the 4 competitive strokes of swimming. Refinement of each stroke through drills, streamline, flip-turns and diving as well as stamina boosting exercises.

**Class Times:
TUE & THU: 5-6PM, SAT-SUN: 11-12PM**

RATES

MINNOWS, PUFFER & DOLPHIN

	<u>17wk</u>	<u>34wk</u>
MEMBER:	\$570	\$1085
NON MEMBER:	\$745	\$1415

SHARKS

	<u>17wk</u>	<u>34wk</u>
MEMBER:	\$1010	\$1920
NON MEMBER:	\$1250	\$2375



Our Swim program teaches aquatic skills and water safety to swimmers of all ages and levels of ability. We follow the American Red Cross curriculum and guidelines. All instructors are Red Cross Certified. Our heated, indoor swimming pool provides a full range of swim lessons and water safety programs for all ages and abilities for you and your family to enjoy all year long.

SWIM PRIVATES

Whether for the beginner or the advanced swimmer, our professional swim coaches will make your time in the water more enjoyable. For the novice we will stress life-sustaining flotation and elementary propulsion. For those seeking cardio benefits through lap swimming, we will perfect your technique to make your aquatic exercise time more efficient and productive.

RATE(S):

1 Hour Private	\$175
5 Hours Private	\$845
10 Hours Private	\$1575
1 Hour Semi-Private	\$105/person
5 Hours Semi-Private	\$505/person
10 Hours Semi-Private	\$945/person

Seasonal Packages

Make a fixed commitment with a guaranteed day, time & coach for the duration of your package.

5 Hours Private	\$970
10 Hours Private	\$1935
17 Hours Private	\$3275

Lessons must be booked individually unless using a Seasonal Package

All Lessons have a 24 Hour Cancellation Policy