



SUMMER SWIM SCHOOL

8 Week Session

Saturdays & Sundays
July 7th – August 25th July 8th – August 26th

<u>AGE</u>	<u>CLASS TIME</u>
6 – 18 mos:	9:00-9:30AM
18 mos – 3 yrs:	9:00-9:30AM
3 – 5 yrs:	9:30-10:00AM
5– 8 yrs:	10:00 – 10:30AM
7 – 12 yrs:	10:30 – 11:30AM

30-minute class

Members: \$230 Non-Members: \$335

60-minute class

Members: \$420 Non-Members: \$630

Email Edwin@tcr-nyc.com to signup!

SWIM SCHEDULE

2018 – 2019

(General times of availability.)

SWIM SCHOOL

M-TH	4PM – 6PM
FRI	4PM – 7PM
SAT-SUN	9AM - 12PM

PRE - SWIM TEAM

M-W	6PM – 7PM
T-TH	6PM – 7PM

SWIM PRIVATES

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



Aquatics Director

Edwin Nunez

Edwin@tcr-nyc.com

718 796 9099

Swimming Instruction

2018

SUMMER & FALL

Swim School Private Lessons

COME ON IN,
THE WATER IS GREAT!



The Club of Riverdale
2600 Netherland Ave
Riverdale, NY 10463

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

SWIM SCHOOL

Fall Session Start Date: 9/12/18

Winter Session Start Date: 1/29/19

GUPPIES (6-18 Months)

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 exercise to encourage coordination while parents learn basic water safety for their children. Children must wear a swim diaper and have a parent or caregiver in the water with them.

MINNOWS (18 Months – 3 Years)

Accompanied by an adult, children enjoy games and exercises to promote development and coordination. This course is taught in the shallow section where 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.

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.

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 RATES:

MEMBER: \$425
NON MEMBER: \$550



SHARKS (7 – 12 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.

(17 - 60 MIN CLASSES)

CLASS RATE:

MEMBER: \$755
NON MEMBER: \$925



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 so as to make your aquatic exercise time more efficient and productive.

RATE(S):

1 Hour Private	\$110
5 Hours Private	\$525
10 Hours Private	\$950
1 Hour Semi-Private	\$65/person
5 Hours Semi-Private	\$300/person
10 Hours Semi-Private	\$530/person

Seasonal Packages

17 Hours Private Fixed time	\$1700
34 Hours Private Fixed time	\$3400

5 hour packages expire after 90 Days
10 hour packages expire after 180 Days
24 Hour Cancellation Policy