



TCR SWIM TEAM

17 Week Session
Tuesdays & Thursdays
6-7PM

TCR Swim Team meets twice a week with a swim coach for 17 weeks (34 hours) and expands on the 4 competitive strokes through drills, streamline, flip-turns and diving.

In addition to form, students will focus on methods for improving their speed and preparing for competitive meets.

Ages

7 - 15 years

Cost

\$1130

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

SWIM TEAM

T-TH	6PM – 7PM
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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

FALL/WINTER 2018/19

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 17-week Session Start Date: 9/12/18

Winter 17-week 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.

30-MINUTE 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.

60-MINUTE 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 to make your aquatic exercise time more efficient and productive.

RATE(S):

	Swim Associate	Director
1 Hour Private	\$110	\$125
5 Hours Private	\$525	\$625
10 Hours Private	\$950	\$1250
1 Hour Semi-Private	\$65/person	\$75/person
5 Hours Semi-Private	\$300/person	\$375/person
10 Hours Semi-Private	\$530/person	\$750/person

Seasonal Packages

Fixed day, time & coach

17 Hours Private	\$1700	---
34 Hours Private	\$3400	---

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