

SWIM SCHOOL AT COMMONPOINT QUEENS

PRIVATE SWIM LESSONS

1 Lesson: \$40 members / \$50 non-members

5 Lessons: \$180 members / \$225 non-members

10 Lessons: \$320 members / \$400 non-members

For private lessons please contact Mira Nitzberg at (718) 268-5011 ext. 504 or mnitzberg@commonpointqueens.org.

SEMI-PRIVATE LESSONS (2 people)

1 Lesson: \$60 members / \$75 non-members

5 Lessons: \$284 members / \$355 non-members

10 Lessons: \$460 members / \$575 non-members

CREATE A CLASS - Find 3 or more interested individuals (approximately the same age) and we will find you an instructor! For all ages, must commit to complete session. \$20 members, \$25 non-members per swimmer per half hour. Contact Lior Harpaz at LHarpaz@CommonpointQueens.org

COMMONPOINT QUEENS AQUAFLAMES SWIM TEAM - Co-ed competitive USA sanctioned swim team for ages 6-18.

Practices held Mon.-Thurs. 4:00 - 6:00 p.m. or 5:00 - 7:00 p.m., Mon. & Wed. 6:00 - 8:00 p.m., & Sun. 7:00 - 9:00 p.m.

COMMONPOINT QUEENS NON-COMPETITIVE SWIM TEAM - Must know how to swim one length of the pool. Practices held Mon.-Thurs. 5:00 - 6:00 p.m. (must choose two days) and Sun. 7:00 - 9:00 p.m. .

COMMONPOINT QUEENS DYNAMIC DOLPHINS SWIM CLUB - Recreational club focused on developing swimmers ages 5-12. Practices held Mon. & Wed. 7:00 - 8:00 p.m. and Sun. 7:00 - 9:00 p.m.

ADAPTIVE SWIM LESSONS - 1:1 instruction focused on water safety and swim skills offered for children ages 6-12 years with Autistic Spectrum Disorders. Swim lessons are held in 5 half-hour sessions. \$120 members / \$150 non-members

GROUP SWIM CLASSES

10 sessions: \$176 members / \$220 non-members

11 sessions: \$193.60 members / \$242 non-members

45 minute class: \$264 members / \$330 non-members

1 hour class: 10 sessions, \$280 members / \$350 non-members,

1 hour class: 11 sessions, \$308 members, \$385 non-members

- Parents may view the first and last lessons of the semester only.
- All parents are required to take off their shoes when bringing their children onto the pool deck.
- Each participant is allowed one make-up per session to be completed before the last class of the session.
- Class Refund Policy: After first class is held: 90% refund minus \$20 administrative fee. After the second class is held: 50% refund minus \$20 administrative fee. Non-Member registration fee is non-refundable.
- \$20 mandatory insurance fee is required for all participants ages 2+. Insurance is paid once per year from the date of purchase.

Swim Classes for Infants & Toddlers

11 Sundays beg. Mar. 22	11 Mondays beg. Mar. 23	11 Wednesdays beg. Mar. 25	10 Thursdays beg. Mar. 26	11 Fridays beg. Mar. 27
<u>Pampers Paddlers</u> Ages 7-24 Months 12:00-12:30 PM	<u>Pampers Paddlers</u> Ages 7-24 Months 11:30 AM-12:00 PM		<u>Pampers Paddlers</u> Ages 7-24 Months 12:30-1:00 PM	
<u>Swim Time w/ Mommy</u> Ages 7-36 Months, Co-Ed 1:30-2:00 PM or			<u>Swim Time w/ Mommy</u> Ages 7-36 Months, female only 9:30-10:00 AM	
<u>Little Fishes</u> Ages 2-3 years 12:30-1:00 PM		<u>Open Swim</u> 10:30-11:30 AM	<u>Open Swim</u> 10:30-11:30 AM	
<u>Fantastic Fishes</u> Ages 3-4 years 1:00-1:30 PM			<u>Fantastic Fishes</u> Ages 3-4 years 12:00-12:30 PM	
<u>Jr. Fishes</u> Ages 3-5 years 12:30-1:00 PM 1:30-2:00 PM	<u>Jr. Fishes</u> Ages 3-5 years 12:00-12:30 PM	<u>Jr. Fishes</u> Ages 3-5 years 4:30-5:00 PM	<u>Jr. Fishes</u> Ages 3-5 years 11:30 AM - 12:00 PM 3:30-4:00 PM	<u>Jr. Fishes</u> Ages 3-5 years 4:00-4:30 PM

Class Descriptions:

- **PAMPER PADDLERS (7 to 24 months with parent)** - Introduce your child to the water through fun activities.
- **SWIM TIME W/MOMMY (7 to 36 months with parent)** - Teach your child swim skills through songs and toys.
- **LITTLE FISHES (2 to 3 years with parent)** - Familiarize your youngster with the water.
- **FANTASTIC FISHES (3 to 4 years non-swimmers with parent)** - Teach your child to be more independent in the water.
- **JUNIOR FISHES (3 to 5 years without parent)** - Learn safety skills through kicking, blowing bubbles, back and front floating
- **OPEN SWIM** - Free to registrants of Pamper Paddlers, Swim Time with Mommy, Little Fishes, & Fantastic Fishes only

AMERICAN RED CROSS SWIM PROGRAM

There are five levels in this program that offer a wide variety of activities. Skills taught include: personal safety, rescue skills, diving skills, and stroke skills. To be able to accommodate everyone's needs, we offer half hour, 45 minutes and one hour classes. Each level is designed to stimulate interest and motivate students to advance to the next section.

11 Sundays beg. Mar. 22	11 Mondays beg. Mar. 23	11 Tuesdays beg. Mar. 24	11 Wednesdays beg. Mar. 25	10 Thursdays beg. Mar. 26	11 Fridays. beg. Mar. 27	11 Saturdays beg. Mar. 28
<p>Level 1 Ages 5-7 12:00-12:30 PM</p> <p>Ages 8-11 12:30-1:00 PM</p>	<p>Level 1 Ages 5-7 4:30-5:00 PM</p> <p>Ages 8-11 5:00-5:30 PM</p>	<p>Level 1 Ages 5-11 3:30-4:15 PM (45 minutes)</p>	<p>Level 1 Ages 5-7 4:00-4:30 PM 5:30-6:00 PM</p>	<p>Level 1 Ages 8-11 3:30-4:00 PM 4:30-5:00PM</p>	<p>Level 1 Ages 8-11 3:30-4:00 PM</p>	<p>Level 1 Ages 3-11 10:00-10:30 AM 10:30-11:15 AM (45 minutes)</p> <p>Ages 5-11 11:15 AM-12:15 PM (1 hour)</p>
<p>Level 2 Ages 5-7 12:00-12:30 PM 12:30-1:00 PM 1:00-1:30 PM</p> <p>Ages 5-11 1:30-2:00 PM 2:00-3:00 PM (1 hour)</p> <p>Ages 8-11 12:00-12:30 PM</p> <p>Ages 12+ 1:30-2:00 PM</p>	<p>Level 2 Ages 5-7 3:30-4:00 PM 4:30-5:00 PM</p> <p>Ages 8-11 4:00-4:30 PM 5:30-6:00 PM</p>	<p>Level 2 Ages 5-11 3:30-4:15 PM 4:15-5:00 PM 5:00-5:45 PM (45 minutes)</p>	<p>Level 2 Ages 5-7 4:00-4:30 PM 5:00-5:30 PM</p> <p>Ages 8-11 3:30-4:00 PM 5:30-6:00 PM</p> <p>Ages 12+ 7:00-7:30 PM</p>	<p>Level 2 Ages 5-7 4:00-4:30 PM</p> <p>Ages 5-11 5:00-6:00 PM (1 hour)</p>	<p>Level 2 Ages 5-7 4:30-5:00 PM</p> <p>Ages 8-11 3:30-4:00 PM</p> <p>Ages 5-11 5:00-5:45 PM (45 minutes)</p>	<p>Level 2 Ages 3-11 10:00-10:30 AM 10:30-11:15 AM (45 minutes)</p> <p>Ages 5-11 11:15 AM-12:15 PM (1 hour)</p> <p>Level 2/3 Ages 12+ 10:30-11:15 AM (45 minutes)</p>
<p>Level 3 Ages 5-7 12:00-12:30 PM</p> <p>Ages 5-11 1:30-2:00 PM 2:00-3:00 PM (1 hour)</p> <p>Ages 8-11 12:30-1:00 pm</p>	<p>Level 3 Ages 5-7 3:30-4:00 PM 4:00-4:30 PM 5:30-6:00 PM</p>	<p>Level 3 Ages 5-11 4:15-5:00 PM 5:00-5:45 PM (45 minutes)</p>	<p>Level 3 Ages 5-7 3:30-4:00 PM 5:00-5:30 PM</p> <p>Ages 8-11 4:30-5:00 PM</p> <p>Ages 12+ 7:30-8:00 PM</p>	<p>Level 3 Ages 8-11 4:00-4:30 PM</p> <p>Ages 5-11 5:00-6:00 PM (1 hour)</p>	<p>Level 3 Ages 5-7 4:00-4:30 PM</p> <p>Ages 5-11 5:00-5:45 PM (45 minutes)</p>	<p>Level 3 Ages 3-11 10:00-10:30 AM 10:30-11:15 AM (45 minutes)</p> <p>Ages 5-11 11:15 AM-12:15 PM (1 hour)</p>
<p>Level 4 1:00-1:30 PM</p> <p>Level 4/5 2:00-3:00 PM (1 hour)</p> <p>Level 5 1:00-1:30 PM</p> <p>Adaptive Swim Class 3:00-3:30 PM</p>	<p>Level 4 5:00-5:30 PM</p>			<p>Level 4 4:30-5:00 PM</p>	<p>Level 4 4:30-5:00 PM</p> <p>Level 4/5 5:00-5:45 PM (45 minutes)</p>	<p>Level 4 Ages 5-11 11:15 AM-12:15 PM (1 hour)</p> <p>Level 5 Ages 5-11 11:15 AM-12:15 PM (1 hour)</p>

- **Level 1** - For first time swimmers or children fearful of the water. Skills include safety, floating, bubbles, kicking, and arm action.
- **Level 2** - For children ready to learn to swim independently. Skills include floating, front and back glide and crawl stroke.
- **Level 3** - Children learn rotary breathing, backstroke, and water safety.
- **Level 4** - Improve stroke and safety skills. Learn rhythmic breathing, crawl stroke, backstroke; breast stroke and side stroke.
- **Level 5** - Facilitate lap swimming. Learn breast stroke, turns, and rescue skills.

AMERICAN RED CROSS LIFEGUARDING - Upon successful completion of the class, participants will obtain a Red Cross Lifeguarding Certification and certifications in CPR/AED and First Aid. Cost is \$400 members / \$450 non-members .

WATER SAFETY INSTRUCTOR COURSE - Dates to be announced, \$450 for all.

For more information or to register, contact Lior Harpaz at (718) 268-5011 ext. 502 or LHarpaz@CommonpointQueens.org