



## THE PENNINGTON SCHOOL

### Fall 2019 Aquatics Swim Lessons Descriptions

#### Ages 9 months – 6 years old

at the Michael T. Martin Aquatic Center

#### **Level 1 “Parent and Child” (First water experience, 9 months to 3 years old)**

Designed to help young children (ages 9 months – 3 years) overcome any fear of water while either being in the arms of their parent or having a parent nearby on the pool deck. This level is designed to be fun and develop a comfort level with the water! There will be a fun, relaxed environment. This class is designed to relax your child and build on the beginning stages of their first water experience and beyond. Older children in the class will begin putting their faces in the water, blowing bubbles, and, with instructor support, floating, kicking, and jumping in and out of the water. An adult partner must assist in the water any child who is 3 or under. **Parents, please be prepared and bring a bathing suit. Children who are not toilet-trained are required to wear swim diapers.**

#### **Level 2 “MINNOW” (Instructor and Child, approximately 3 to 6 years old)**

Designed for the younger swimmer who wants to learn the next stages of introductory floating, breathing, kicking, gliding, beginning stroke mechanics of the front crawl, and flutter kick on front with and without flotation belts. Flotation barbells are introduced for reaching and scooping. Correct body position and balance are also taught. The end of each lesson encourages placing the face and body underwater to retrieve a prize. This level will end (for those who would like it) with an underwater picture emailed to the parent!

#### **Level 3 “DOLPHIN” (Follows Minnow, approximately 3 to 6 years old):**

Builds on beginner concepts. Introduction of front crawl, backstroke, and elementary backstroke, as well as development of deep-water skills. Safety and survival skills, such as treading water are introduced. This level is designed for the younger swimmer who has completed levels 1 and 2. This level will end (for those who would like it) with an underwater picture emailed to the parent!

#### **Level 4 “STINGRAY” (Follows Dolphin, approximately 3 to 6 years old):**

Development of skills introduced in advanced beginner class. Continued development of freestyle, backstroke, and elementary backstroke, and an introduction to breaststroke, diving, and more advanced underwater skills. Individuals at this level should have completed their 2 lap test, or should be very close to passing the test. This level is designed for the younger swimmer who has completed levels 1, 2, and 3. This level will end (for those who would like it) with an underwater picture emailed to the parent!

**All lessons are at The Pennington School. Contact Aquatics Director George Ward at [gward@pennington.org](mailto:gward@pennington.org) or 609-737-1840 if you have any questions.**

# THE PENNINGTON SCHOOL

## Fall 2019 Aquatics Swim Lessons for Ages 9 Months to 6 Years Old

**Times:** Using the chart below, select your preferred day and time slot. (One [1] lesson per week).

Monday	Tuesday	Wednesday	Thursday	Friday
No Lessons	<b>Level 1 (a.m.)</b> 10:00–10:30 a.m.  <b>Level 2 (a.m.)</b> 10:45–11:15 a.m.	No morning lessons on Wednesday	<b>Level 2 (a.m.)</b> 11:00–11:30 a.m.	<b>Level 2 (a.m.)</b> 10:00–10:30 a.m. <b>CLASS FULL</b>  <b>Level 2 (a.m.)</b> 10:45–11:15 a.m.
No Lessons	<b>Level 2 (p.m.)</b> 1:30–2:00 p.m.  <b>Level 2 (p.m.)</b> 2:15–2:45 p.m.	<b>Level 1 (p.m.)</b> 1:30–2:00 p.m.  <b>Level 2 (p.m.)</b> 2:15–2:45 p.m.	<b>Level 2 (p.m.)</b> 1:30–2:00 p.m.  <b>Level 3 (p.m.)</b> 2:15–2:45 p.m.	<b>Level 4 (p.m.)</b> 1:30–2:00 p.m.

### Lesson Dates:

**Fall Session 1:** September 17 – October 18, 2019 (Five weeks at 1 lesson a week)  
Please check your email the day of your lesson for any important information regarding your lesson time slot.

**Fall Session 2:** October 22– December 6, 2019 (Six weeks at 1 lesson a week)  
**Please note there will be no lessons during the following period: November 26– 29.**  
Please check [www.pennington.org](http://www.pennington.org) for cancellations due to winter weather and for any important information regarding your lesson time slot.

### Registration:

Classes have limited space (1:4 Instructor-to-Child ratio), so registration is on a first come, first served basis. Please sign up using the official Pennington School “swim lesson registration form” below or found online at: [www.pennington.org](http://www.pennington.org) under the “Athletics” menu. Mail the completed registration page in this document to [gward@pennington.org](mailto:gward@pennington.org). Please note that major holidays will be observed throughout the year. Parents will be notified about any cancellations at the start of each session. For each session parents should choose **1 lesson per week from the possible time slots in the chart above. If you are interested in more than 1 lesson per week, please contact George Ward (609–737–1840) for space availability. Parents will receive an “access card” at their first lesson and will need this card to enter the Sparks Gymnasium through the aquatics hallways. It is the parents’ responsibility to arrive on time (10 minutes prior to lesson) and access locked doors with their “access card.”**

The fee for Session 1 is \$100.00 (five lessons) and for Session 2 (six lessons) is \$120.00 per child. Checks should be made payable to: “The Pennington School.” *Please list the name of your child, and session number on the check,* and mail to:

Attention: George Ward  
The Pennington School, 112 W. Delaware Ave.

# THE PENNINGTON SCHOOL

Pennington, NJ 08534 Contact Aquatics Director George Ward at 609-737-1840 or [gward@pennington.org](mailto:gward@pennington.org) if you have any questions.

## Fall 2019 Aquatics Swim Lessons for Ages 9 Months to 6 Years Old Fall 2019 Swim Lesson Registration Form

All visitors at The Pennington School pool for swim lessons are required to abide by the following rules:

- 1) I have read and will abide by the pool rules. Children who are not toilet-trained MUST wear a proper swim diaper with elastic bands.
- 2) Payment in full is due prior to commencement of the Session.
- 3) I understand that only the participating child is allowed in the pool.
- 4) I understand that those participating in swim lessons are allowed in the pool during instruction time only and must leave after the daily lesson is over.
- 5) If I have any questions or concerns about the instruction, concerns will be addressed at proper times (either before or after daily lessons) to ensure that all swimmers are given ample attention during the scheduled lesson.

**\*New for 2019 Important\*** Parents will receive an "access card" at their first lesson from security and will need this card to enter the Sparks Gymnasium through the aquatics hallways. It is the parents' responsibility to arrive on time and access locked doors with their "access card." All exterior doors will be locked and require an "access card." Please park where security tells you when you arrive on campus.

These rules are in place to provide a safe and fun learning environment for your child. If the rules are not followed, the Pennington aquatics director has the right to remove your child from lessons.

In case of emergency I authorize the release of my son/daughter to be treated by a licensed physician or hospital. Furthermore, I hereby agree to completely and unconditionally indemnify, save harmless, release and discharge The Pennington School, its employees and volunteers from all liabilities as a result of injuries sustained by my child participating in this program.

Medical Insurance Company \_\_\_\_\_ Policy # \_\_\_\_\_

Insurance Company Phone Number \_\_\_\_\_

Parent Name: (Printed): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Telephone #: \_\_\_\_\_ email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Name on check (if different from child's last name): \_\_\_\_\_

1<sup>st</sup> Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Fall Session \_\_\_\_\_ Level: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

2<sup>nd</sup> Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Fall Session \_\_\_\_\_ Level: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

Classes have limited space: registration is on a first come, first served basis. You will be notified if you are on a waiting list for your first-choice session. Please contact Aquatics Director George Ward at [gward@pennington.org](mailto:gward@pennington.org) if you have any questions. The instructor-to-child ratio for all classes is no more than 1:4. **Parents are reminded to be prepared to enter the water with their child in Level 1 and possibly Level 2, depending on the child's background with swim lessons, and to bring swim diapers for any child not toilet-trained.**