



Montclair Swim Club Group Lessons

Important Information:

- Each group will have a dedicated swim instructor
- Each swimmer will receive an evaluation and certificate upon completion of the session.
- Children must be at least 3 years of age. Please consider whether your child is able to listen to instructions and cooperate with an instructor in groups.
- Due to smaller class sizes, the number of places will be limited. Please ensure you register early.
- Parents are welcome to observe lessons.
- Individual private lessons and information about swim team is available online and at the pool.
- Registration is on a first come, first served basis.

Ways to Register:

- Through your Montclair Swim Club online eSoft account (Scheduling->Camps/Classes).
- By contacting swimlessons@montclaireswimclub.com.

Cancellation Policy:

Swim lessons will be canceled in the case of inclement weather or if the outside temperature is below 68 degrees. If a Swim Lesson is canceled, you will receive a Remind message at least 45 minutes prior to the start of the lesson. Fridays will be reserve as make-up days.

Remind:

Please join by going to <https://www.remind.com/join/84gakcor> or by texting: **@84gakc** to: **81010**

Dates & Fees:

June 5-June 29: Mondays and Wednesdays: 11:55 am-12:25 pm Members: \$100 Non-Members: \$140

June 5-June 29: Tuesday and Thursdays: 11:55 am-12:25 pm Members: \$100 Non-Members: \$140

Group Descriptions & Key Skills:

Level 1: ages 3-5; preschool, unless they need to be moved up, not more than 3 swimmers per group

Back float independently (5-10 seconds)	Front float independently
Roll from back to front	Front glide
Swim with noodles independently	Back glide
Bobs (comfortable getting face wet)	Safety topics

Level 2: Introduction to water skills (similar to preschool but master the skills a bit more and be more comfortable with them), generally ages 4-6, not more than 4 swimmers in each group

Back float independently	Back glide
Front float independently	Kick on back
Roll from front to back	Introduce treading
Swim 10 yds independently	Retrieve an object from shallow end (ring)
Front glide	

Level 3: Stroke development, generally ages 5-7, not more than 5 swimmers in each group

Sitting dive & kneeling dive	Streamline to kicking underwater
Dive from area of pool to wall for safety	Streamline to butterfly kick underwater
Rotary breathing-developing this to be comfortable and mastered	Front crawl (half of the pool)
Tread water 1 minute	Breaststroke Kick
Introduce streamline	Elementary backstroke