



## Montclair Swim Club Group Lessons

### Important Information:

- Each group will have a dedicated swim instructor
- Each swimmer will receive an evaluation, goody bag, and certificate upon completion of the session.
- Children must be at least 3 years of age. Please consider whether your child can 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) or through dashboard
- By contacting [swimlessons@montclaireswimclub.com](mailto:swimlessons@montclaireswimclub.com).

### Cancellation Policy:

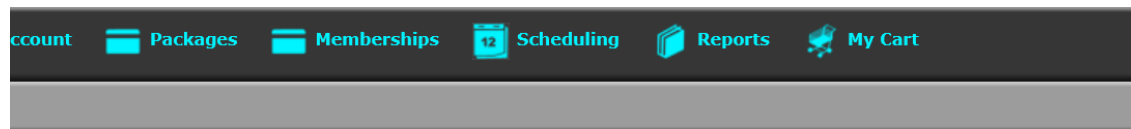
Swim lessons will be canceled in the case of inclement weather or if the outside temperature is below 68 degrees. If a Swim Lesson is canceled, you will receive a notification at least 45 minutes prior to the start of the lesson. Fridays will be reserved as make-up days.

### Dates & Fees:

Mondays and Wednesdays or Tuesdays and Thursdays: 11:55 am-12:25 pm

Members: \$100/Non-Members: \$140

4 week session dates posted online



### How are credits used for scheduling?

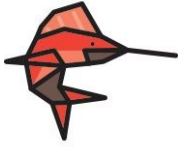
<b>Package Credits</b>	<p>Package Credits are received when you purchase packages. Package credits can be set up for different types of services (location appointments, camps/classes and leagues). If you have one package credit, it is good for one service regardless of the price of the service. Be sure to use package credits before they expire - there will be no refunds for unused package credits.</p> <p><b>Example:</b> If you buy a package of 5 classes, you will receive 5 package credits. When you sign up for the class, you will only need one package credit for each class regardless of the price of the class.</p>
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### Schedule from Dashboard

<b>Appointment:</b>	Click on the blue box that indicates the available appointment you wish to schedule. Click on the Schedule Appointment button to select appointment type, duration, and family member. Click the Add to Cart button and proceed with payment.
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### Today's Schedule





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### 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