

# Marlboro Swim Club

## SWIM LESSONS

### Early Summer Session

**Saturdays:** June 4, 11 and 18<sup>th</sup> with June 25 used as makeup date.

**\$40 for three 30 minute classes**

**Advanced**– 9:30am-10am

**Intermediate**– 10:15am-10:45am

**Beginner**– 11am-11:30am

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### Session 1, 2 & 3

2-week sessions of group swim lessons. Lessons are taught on **Monday, Tuesday, and Thursday** of each week. (Friday is reserved for rain and holiday make-ups.)

**\$80 for six 30 minute classes**

### Dates: Mondays, Tuesdays & Thursdays

Session 1: June 27, 28, 30, July 5, 7 and 8 (no July 4)

Session 2: July 11, 12, 14, 18, 19 and 21

Session 3: July 25, 26, 28 Aug 1, 2, 4

**Advanced**– 8am-8:30am

**Intermediate**– 8:45am-9:15am

**Beginner**– 9:30am-10am

**Must be a Swim  
Club Member**

**To Register Visit**

**[marlboro-nj.gov/signup](http://marlboro-nj.gov/signup)**

**Under Marlboro Swim Club 2022**



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## Level Description

### Beginner: Ages 3-4 +

Intended for students who are ages 3 to 4 years old. This level emphasizes the student's comfortability and confidence within the pool. Traditional skills, such as bobbing, submerging, supported front and back floating, rolling over from front float to back float, rolling over from back float to front float, supported gliding, supported flutter kick, supported front crawl, and jumping in from the edge of the pool will all be reflected in the Beginner Level Classes. Students within this level will advance to unassisted skills briefed above, such as: independent front and back floating, independent rolling over from front to back and back to front, independent front and back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water that is higher than the swimmers' head.

### Intermediate: Ages 5-8+

For students who are five years of age and above. Swimmers within this level should primarily have comfort swimming on their front stroke and swimming on their back. In addition, swimmers should have familiarity with swimming front and back crawl for 25 yards. Within the Intermediate Level, students gain knowledge on gliding, freestyle stroke with side breathing, backstroke, breast stroke and dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water, and compact dives. In addition, swimmers will learn skills regarding rotary breathing, freestyle, backstroke, elementary backstroke, scissors kick and sidestroke, whip kick and breaststroke, intro to turning at the wall, treading water with modified scissors, and diving in a kneeling position.

### Advanced: Ages 9-11+

For students who are 9 years of age and older. Within this level, instructors will work with swimmers to develop and refine his or her swim stroke technique. Our goal is to ensure that skill proficiency will be attended to through detailed instruction in a variety of swim strokes. These swim strokes include, but are not limited to, the freestyle, breaststroke, backstroke, sidestroke, and butterfly. Additionally, segments of each class will provide the opportunity for students to improve upon elements required for proficiency in the pool. Further components will include open turns, progression and development of swimming endurance, alternate breathing patterns, feet-first surface dive, and flip turns. This level of our swim program is executed with an objective of our students gaining an enjoyable, yet competitive, swimming experience.

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