

MT. HOPE POND 2017 SWIM

L E S S O N S

**Starting at Age 4 • \$15 per Child per Session • 8 Swimmer Maximum
2 Week Sessions • 4 Days a Week • 30 Minute Sessions**

**CLASSES ARE LIMITED...
SIGN UP NOW
VIA COMMUNITY PASS!**

~~Session 1 - July 10th - July 20th~~
Session 2 • July 24th - August 3rd
Session 3 • August 7th - August 17th

Monday - Thursday

10:30 am • Beginner

11:00 am • Advanced Beginner

11:30 am • Intermediate (Newly Added)

3:00pm • Advanced Beginner (Newly Added)

3:30pm • Beginner

4:00 pm • Advanced Beginner

4:30 pm • Intermediate



Ages 4-6 • Beginner

This class is for the 4-6yr old who is ready to start lessons and can stay in the water with an instructor for the duration of the class. Students will work on putting their face in the water, learning to float on front and back, kicking with a kick board on front and back, and learning how to use arms for the different strokes.

Ages 6+ • Advanced Beginner

This class is for 6 yr olds and up. Students should be able to put their face under water, know how to float on front and back, and be able to kick with a kick board. The class will focus on putting together kicking and arm motions to start forming strokes.

Ages 6+ • Intermediate

This class is for 6yr olds and up. Students should be able to swim on there own. The class focuses on perfecting the backstroke, breaststroke, and front crawl. Classes will also go to the dock and work on diving.

For More Information Call 973.983.2841 or email mthopepond@rockawaytownship.org

*** SCHEDULE SUBJECT TO CHANGE DUE TO ENROLLMENT ***



**ROCKAWAY TOWNSHIP
SINCE 1844**