



## SUMMER 2016 COMMUNITY PROGRAMS

### Youth Aquatics and Swim Program

Location:	Riesenberg Gymnasium Pool
Instructor:	Jim Downey
Class Sessions:	Mondays: July 11,18,25, August 1,8, 2016
Registration Deadline:	Wednesday, June 29, 2015

#### **PARENT-CHILD CLASSES**

##### **AQUA BABIES (5 - 18 months)**

- Cost \$87.50 / 5-Week Session

##### **Aqua Babies Session: 9:00am-9:30am**

Join us for fun activities that teach infants to feel comfortable in the water. Parents will learn to hold and support infants properly while their child explores breath control, floating, and changing body position while "moving" through the water.

##### **TOTS 1 (18 - 30 months)**

- Cost \$87.50/ 5-Week Session

##### **Tots 1 Session: 9:30am-10:00am**

Great experiences and exciting activities encourage young swimmers to feel safe in the water. Techniques using parental assistance teach children water safety, safe entry, kicking, and arm movements. Swimmers build on breath control, floating, and changing body position while "moving" through the water. Parents join children in the water for this class.

##### **TOTS 2 (2.5- 4 years)**

- Cost \$87.50 / 5-Week Session

##### **Tots 2 Session: 10:00am-10:30am**

The Tots 2 class are designed for children with no prior swim experience, as well as for those that are not comfortable being on their own in the water. Each class is filled with engaging and challenging games and activities that will motivate your child to swim.

#### **LEARN-TO-SWIM CLASSES**

##### **LEVEL 1- INTRO TO WATER SKILLS (5-7 YEARS) CLOSED AS OF 6/24/16**

- Cost \$87.50 / 5-Week Session

##### **Level 1: 10:30am-11:00am**

No prerequisites needed. Basic personal water safety information and skills are taught to help participants feel comfortable in the water and to enjoy the water safely. Elementary aquatic skills that are the foundation for future skills are introduced. Swimmers explore movement in the water-bobbing, floating, and gliding.

#### **ADULT INSTRUCTIONAL SWIM**

- Cost \$100 / 5-Week Session

##### **AIS Session: 11:00am-11:45am**

Classes will be geared toward adults with the individual and their goals in mind. We use American Red Cross swimming stroke requirements as a base. Individuals will then be evaluated on swimming ability and work with the instructor to design a personalized swim program. All swim levels are welcome, including beginners.

##### **LEVEL 2- FUNDAMENTAL AQUATIC SKILLS (6-8 YEARS)**

- Cost \$87.50 / 5-Week Session

##### **Level 2: 3:00pm-3:30pm**

Swimmers entering Level 2 must be able to demonstrate all the completion requirements in Level 1. Participants learn to float without support and explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes.

##### **LEVEL 3- STROKE DEVELOPMENT (8-10 YEARS)**

- Cost \$87.50 / 5-Week Session

##### **Level 3: 3:30pm-4:00pm**

Swimmers entering Level 3 must be able to demonstrate all the completion requirements in Level 2. Participants learn to coordinate the front crawl and elementary backstroke. Swimmers are introduced to the scissor and dolphin kicks, the fundamentals of treading water and diving.

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