



+ American Red Cross Swim Lessons

June 24 - August 15, 2019

YWCA@Englewood

All Swim Classes take place at:

Mackay Park Pool, 130 West Englewood Ave.
Englewood, NJ 07631

**In Person Registration
Monday, June 3 - 5:00 pm**

*Scholarships are available for residents of
Englewood, Englewood Cliffs & Tenafly on a
first-come, first-served basis.*

Please bring two proofs of residency and photo ID.

PRESCHOOL

(All classes meets 4x's a week for 1 week)

YOUTH

(All classes meets 4x's a week for 1 week)

Little Dipper 1 Ages 3 to 5 yrs.

Class will build on and improve skills and increase knowledge of water safety. Children will learn introductory kicking, floating, elementary swimming and safety skills.

One week sessions starting June 24 - August 15

Mon. - Thurs. 6:15 - 6:45 pm Fee: \$72

July 4th Week

Mon. - Wed. 6:45 - 7:15 pm Fee: \$54

Little Dipper 2 Ages 3 to 5 yrs.

Class for those who can submerge their face, blow bubbles and leave the wall unassisted. Swimmers learn the front crawl with breathing, elementary backstroke and safety skills while increasing proficiency and building on the basic aquatic skills learned in Little Dipper 1.

One week sessions starting June 24 - August 15

Mon. - Thurs. 6:15 - 6:45 pm Fee: \$72

July 4th Week

Mon. - Wed. 6:45 - 7:15 pm Fee: \$54

Little Dipper 3 Ages 4 to 6 yrs.

Helps children begin to develop positive attitudes and safe practices around water. Little Dipper 2 graduates develop front crawl, endurance while strengthening their elementary backstroke and learning the back crawl. Must be able to swim five yards.

One week sessions starting June 24 - August 15

Mon. - Thurs. 6:15 - 6:45 pm Fee: \$72

July 4th Week

Mon. - Wed. 6:15 - 6:45 pm Fee: \$54

Level 1 Ages 6 to 12 yrs.

Children build on the basic aquatic skills and water safety skills in Level 1. Participants who fear the water build confidence learning the fundamentals of swimming, kicking and floating.

One week sessions starting June 24 - August 15

Mon. - Thurs. 6:45 - 7:15 pm Fee: \$72

7:15 - 7:45 pm Fee: \$72

July 4th Week

Mon. - Wed. 6:45 - 7:15 pm Fee: \$54

7:15 - 7:45 pm Fee: \$54

Level 2 Ages 6 to 12 yrs.

Children build on the skills learned in Level 1 to help achieve basic water competency in a pool environment. Those who can already swim 10 yards on their front and back learn stroke coordination, breathing, deep water skills and safety.

One week sessions starting June 24 - August 15

Mon. - Thurs. 6:45 - 7:15 pm Fee: \$72

7:15 - 7:45 pm Fee: \$72

July 4th Week

Mon. - Wed. 6:45 - 7:15 pm Fee: \$54

7:15 - 7:45 pm Fee: \$54

**For more information or to register
visit www.ywcabergencounty.org or
call membership at 201-345-1912**

YWCA Bergen County

214 State Street, Suite 207
Hackensack, NJ 07601



www.ywcabergencounty.org

**eliminating racism
empowering women**

ywca

Bergen County



American Red Cross Swim Lessons

YWCA@Englewood

YOUTH

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Level 3 Ages 6 to 12 yrs.

Participants' improve proficiency in performing the swimming strokes that were introduced in Level 2. Swimmers coordinate the front and back crawl, elementary backstroke, safety and deep water skills for 15 yards.

One week sessions starting June 24 - August 15

Mon. - Thurs. 6:45 - 7:15 pm Fee: \$72
7:15 - 7:45 pm Fee: \$72

July 4th Week

Mon. - Wed. 6:45 - 7:15 pm Fee: \$54
7:15 - 7:45 pm Fee: \$54

Level 4/5 Ages 6 to 12 yrs.

Help participants refine their performance of the following swimming strokes (i.e., front and back crawl, breaststroke, elementary backstroke). Learn the breast stroke and advanced safety skills while improving lap endurance and stamina.

One week sessions starting June 24 - August 15

Mon. - Thurs. 6:15 - 7:00 pm Fee: \$77

July 4th Week

Mon. - Wed. 6:15 - 6:45 pm Fee: \$58

YOUTH

(All classes meets 4x's a week for 1 week)

Level 6/Junior Swim Clinic Ages 8 to 15 yrs.

Refine strokes so swimmers gain greater efficiency and effectiveness over longer distances. Learn the approach stroke, butterfly, surface dives and advanced safety skills while polishing lap skills with proficiency

One week sessions starting June 24 - August 15

Mon. - Thurs. 7:00 - 7:45 pm Fee: \$77

July 4th Week

Mon. - Wed. 7:00 - 7:45 pm Fee: \$58

For more information or to register
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YWCA SWIM LESSONS AT MACKAY PARK POOL INCLEMENT WEATHER CLOSINGS & MAKE-UP POLICY 2017

Pools will be closed during inclement weather. In the case of thunder there is a half hour wait between occurrences, and a 1 hour wait for lightening. The pool manager on duty is responsible for the closing and evacuation of the pool upon these occurrences. Inclement weather can occur at any time of the day, and decisions of pool closings are made upon the time these conditions occur.

IF SWIM CLASSES ARE CANCELLED:

- The pool manager in charge will notify the desk at the YWCA Bergen County in Ridgewood
- Please call 201-444-5600 for your class status. Please indicate that you are calling about swim lessons at Englewood

MAKE-UP LESSONS WILL BE OFFERED DUE TO INCLEMENT WEATHER ONLY.

- Participant will be responsible to schedule up to the first 3 make-up classes
- If the YWCA cancels class more than 3 times within a session, a voucher will be issued for future registrations if the participant cannot schedule any more make-ups
- A make-up can be scheduled with the manager on duty and are limited to ensure classes are not over filled
- A make-up class will be provided for any class cancelled and can only be scheduled at Mackay Park Pool with pool manager.

Thanks to the generosity of The Community Chest and the City of Englewood, limited financial assistance is available for Englewood, Englewood Cliffs & Tenafly residents.

