

Pool Programs American Red Cross Learn to Swim Program

Students are evaluated on the first day of class and placed in appropriate levels. Keep in mind that correct placement is important to your child and class progression as a whole. We reserve the right to reassign a child to a class that better suits his/her ability or aptitude. We offer the following classes:

Infant & Toddler (with parent or responsible adult)

Parents and children swim and learn together laying the groundwork for future aquatic programs.

Tuesdays only	10:00 - 10:30 am
Tuesdays & Thursdays	12:30 - 1:00 pm
Mondays & Wednesdays	5:55 - 6:25 pm
Saturdays	10:10 - 10:40 am

Pre-School Swimming Lessons

Designed for 3-5 year old children who will enter in the water without the assistance of a parent or adult. A 3-5 year old needing adult assistance should enroll in the

Infant/Toddler class.

Tuesdays only	10:30 - 11:00 am
Tuesdays & Thursdays	1:00 - 1:30 pm
Mondays & Wednesdays	5:55 - 6:25 pm
Saturdays	10:10 - 10:40 am

Sessions and Fees:

Session I:	Jan. 9 th - Feb. 16 th	6 weeks (Now registering)
Session II:	Feb. 27 th - April 6 th	6 weeks (Registration begins 2/1)
Session III:	April 24 th - June 5 th	6 weeks (Registration begins 4/7)
Sat. Sessions:	Jan 14 th - Feb 18 th	6 weeks (Now registering)
	March 4 th - April 8 th	6 weeks (Registration begins 2/6)
	April 29 th - June 10 th	6 weeks (Registration begins 4/7)

Fees:	\$60 for six week session
	\$30 for Tuesday and Saturday only classes

Adaptive Aquatics

Swimming provides opportunities for disabled individuals of all ages to develop physically, mentally and socially. Instruction is tailored to the needs of the individual. Staff and volunteers provide one-on-one assistance.

Mondays	4:15 - 5:00 pm	Advanced level swimmers
Mondays	4:15 - 5:00 pm	Beginner level swimmers

Session I:	Jan. 9 th - Feb. 13 th	6 weeks (Now registering)
Session II:	Feb. 23 rd - April 3 rd	6 weeks (Registration begins 2/1)
Session III:	April 24 th - June 5 th	6 weeks (Registration begins 4/3)

Fee: \$30 plus \$20 membership
Handicap lift available. Register early as class size is limited.

American Red Cross Youth Lesson Levels:

Beginner Levels I - III

In these levels, students will learn basic water skills, practice to improve aquatic abilities necessary for independent locomotion and stroke development. Students are tested on the first day of class and placed in the appropriate level. All classes emphasize safety while teaching basic water adjustment skills.

Advanced Levels IV - VI

Swimmers who can complete a length of front crawl with rhythmic breathing and elementary backstroke will be placed in these advanced levels. Swimmers will learn and improve breaststroke, side stroke, butterfly, surface dives, flip turns and endurance. Basic water rescue skills will be introduced.

Beginner Levels I - III:

Mondays & Wednesdays	5:05 - 5:50 pm
Saturdays	10:45 - 11:30 am

Advanced Levels IV - VI:

Mondays & Wednesdays	6:30 - 7:15 pm
Saturdays	11:35 am - 12:20 pm

Sessions and Fees:

Session I:	Jan. 9 th - Feb. 16 th	6 weeks (Now registering)
Session II:	Feb. 27 th - April 6 th	6 weeks (Registration begins 2/1)
Session III:	April 24 th - June 5 th	6 weeks (Registration begins 4/7)
Sat. Sessions:	Jan 14 th - Feb 18 th	6 weeks (Now registering)
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Fees:	\$60 for six week session \$30 for Tuesday and Saturday only classes	

No classes May 28th & 29th

American Red Cross Lifeguard Training Course:

Participants must be 15 years old or older by the end of the class and pass the pretest before taking the course. Passing students will receive Lifeguard, CPR/PR and First Aid certifications upon completion.

Registration begins now and runs through March 22nd. Call 754-0225 to register. Cost: \$275 includes books, CPR mask and certification fees.

Two separate class sessions.**Session I:**

Pretest: Thursday March 15th at 6:30 pm
Saturdays: Noon until 5:00 pm
Classes Begin: March 18th - April 22nd
Registration runs from now until March 13th

Session II:

Pretest: Wednesday April 12th at 6:30 pm
Monday - Friday: 9 am - Noon & 1 - 4 pm
Classes Begin: April 17th - April 21st
Registration runs from now until April 10th

Synchronized Swim Team

Come join the area's only and longest running Synchronized Swim Team! We've been teaching Synchronized Swimming since 1964 at the Endicott Boys & Girls Club. ***Our Jr/Sr. team placed 7th at the National, Junior Olympic competition in 2016!***

Synchronized Swimming is an Olympic Sport that is a hybrid form of swimming, dance and gymnastics, consisting of swimmers (either solos, duets or teams) performing a synchronized routine of elaborate moves in the water, accompanied by music. Taught by U.S. Synchronized Swimming certified Coaches.

Youth, 6 years old and up - co-ed
Registration is ongoing throughout the season.

New this season! Optional Land or Extra Water Time beginning Nov, 8th (open to all)

Tuesdays 7:15 - 8:15 pm
Fee: \$10 per week

Novice: September 27, 2016 – End of April/Early May, 2017

Beginners level, no synchronized swimming experience needed. Must be comfortable in the deep end, be able to swim without floaties and swim a full length of the pool.

Tuesdays 6:00 - 7:15 pm
Thursdays 6:00 - 7:15 pm
Fee: \$75/month or \$600/year

Intermediate "B" (placement determined by coaches):

Tuesdays 6:00 – 7:30 p.m. (6:00 – 7:15 from Nov. 8, 2016 – May 2017)
Thursdays 6:00 – 7:30 p.m. (6:00 – 7:45 from Nov. 10, 2016 – May 2017)
Fee: \$100/month or \$800/year

Intermediate "A" (placement determined by coaches):

Tuesdays 6:30 - 8:00 pm
Thursdays 6:30 - 8:00 pm
Fee: \$110/month or \$880/year

Class registration forms need to be completed for all participants.