

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:	Sept. 10 th - Oct. 18 th	6 weeks (Now registering)
Session II:	Nov. 5 th - Dec. 19 th	6 weeks (Registration begins: Oct. 1 st)
Sat. Session:	Sept. 15 th - Oct. 20 th	6 weeks (Now registering)
	Nov. 3 rd - Dec. 15 th	6 weeks (Registration begins: Oct. 1 st)

Fees: \$35 Tuesday morning or Saturday classes
\$70 for six week session (twice a week)

No classes 11/21 through 11/25

Homeschool Swim Lessons

Homeschool children will learn the basics of swimming, or improve upon the techniques they have already developed, through technique and endurance instruction. All lessons taught by Water Safety instructors and students will be broken up into levels on the first day of the class.

Tuesdays	1:45 or 2:30
Thursdays	1:45, 2:30, or 3:15

Sessions **TBD**

Fees: \$35 Tuesday or Thursday classes

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:

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PRIVATE / SEMI-PRIVATE LESSONS

Our experienced and dedicated swim instructors will develop a program based on the needs and goals of each individual swimmer in a one-on-one or two-on-one environment. Private and Semi-Private lessons are offered for children, adults and individuals who seek additional attention. Depending on the student's skill level, they will progress from learning the basics of putting their face in the water all the way to refining their stroke technique. Lessons are scheduled around the participant's schedule allowing flexibility.

Private Swim Lessons

Private - 1/2 hour

	Member	Non-Member
12 Lessons	\$180	\$240
6 Lessons	\$96	\$126
3 Lessons	\$51	\$66
1 Lesson	\$18	\$23

Semi Private Lessons

2 People - 1/2 hour

	Member	Non-Member
12 Lessons	\$276	\$372
6 Lessons	\$144	\$192
3 Lessons	\$75	\$99
1 Lesson	\$26	\$34

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 October 1st. Call 754-0225 to register. Cost: \$275 includes books, CPR mask and certification fees.

Pretest: Sunday Nov. 4th at 10:00 am

Sunday: 10:00 am - 6:00 pm

Mon. - Fri.: 5:00 - 9:00 pm

Classes: Nov. 4th - Nov. 9th

Adult and Pediatric CPR/AED

The Adult and Pediatric CPR/AED course incorporates the latest science and teaches students to recognize and care for breathing and cardiac emergencies to help victims of any age - adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Students who successfully complete this course will receive a certificate for Adult and Pediatric CPR/AED valid for two years.

September 22nd 10am to 1pm

or

October 27th

Fees: \$45

Class registration forms need to be completed for all participants.

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.A. Synchronized Swimming certified Coaches.

Youth, 6 years old and up - co-ed

September 25th...FREE "Check-out Synchro" swim from 6pm to 7:30pm

Open to all potential, new and returning swimmers!

**September 25th...Early Registration and Q & A from 6pm to 7:30pm in the B&GC Kitchen.
Registration is ongoing throughout the season.**

September 27th.... Program starts!

Novice: September 27th, 2018 – End of April/Early May 2019

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 - 7:00 pm

Thursdays 6:00 - 7:00 pm

Fee: \$75/month or \$525/year*

All Others (placement determined by coaches): September 27th – End of May 2019**

Tuesdays 6:00 – 7:30 pm

Thursdays 6:00 – 7:30 pm

Fee: \$100/month or \$800/year*

*USA Synchro registration fee is not included

*Extra fees may occur if teams move onto State, Regional and National competitions

**Practice may go through June if teams move onto the National competition