

Our Mission

The Boys & Girls Club of Clifton is dedicated to providing programs and services in a safe, supervised environment, to inspire and enable all young people, especially those who need us most, to realize their full potential as caring, productive and responsible citizens.

Our Facility

MARTINI FOUNDATION AQUATICS CENTER

Our 33-meter pool facility has been open since September 1999. The pool was built as a 25-yard/ meter competitive pool with a bulkhead dividing the Competition Pool from the Teaching Pool.

Membership Fees Per Year

(Fees are good for 1 year, non-refundable & non-transferable)

You must be a member to take part in club activities.

Youth (ages 4-17) 1 st child in household	\$35
Youth (each additional child in household)	\$25
Adult Membership	\$60
Adult Membership (age 55+)	\$50
Adult Silver - includes all Adult Lap Swims and Family Membership Swims. Discounts given for all Adult Classes.	\$250
Senior Gold (age 55+)- includes all Senior Lap Swims and Family Membership Swims. Discounts given for all Senior classes	\$200

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Activities and Fees

(Prices do not include membership- please see chart to left)

Activity	Fee	page
Preschool Swim Lessons (ages 4 & 5)	\$55 per session plus youth membership	3
Youth Swim Lessons (ages 6 & 17)	\$55 per session plus youth membership	4
Youth Stroke Clinic Prerequisite: passed Level 4	\$55 per session plus youth membership	5
Polar Bear Club Prerequisite: passed Level 4	\$55 per session plus youth membership	5
Mom-N-Tot	\$55 per session plus adult membership	5
Youth membership swim	Free for youth members	6
Family membership swim	Free for members and their parents	6
Birthday/Pool Rental	\$225 up to 25 children, \$10 each additional child	6
Lifeguard Training Course	\$175 plus youth membership	7
Seahawks Swim Team (Sept. – March)	\$450 plus youth membership	8-9
Spring & Summer Swim Team (April – June) & (July-August)	\$100 plus youth membership	10
Pre-Summer Swim Clinic	\$70 plus youth membership	10
Summer Swim Tech Camp	\$70 per week plus youth membership	10
Adult Lap Swim	\$25 per month plus adult membership	11
Adult Lap Swim (age 55+)	\$20 per month plus adult membership	11
Adult Swim Lessons	\$60 per session plus adult membership	11
Adult Swim Lessons Adult Silver & Senior Gold	\$50 with yearly membership	11
Adult Water Exercise	\$60 plus adult membership	12
Adult Water Exercise Adult Silver & Senior Gold	\$50 with yearly membership	12

Pool Staff

Aquatics Director: Nadia Stavko
973-773-2697 ext. 31

Asst. Aquatics Director: Corinne Miskowsky
973-773-2697 ext. 35

Head Swim Coach: Vladimir Poppyel
973-773-2697 ext. 31 or 35

Administration

Executive Director: Bob Foster
973-773-2697 ext 19

Director of Operations: Joe Holmes
973-773-2697 ext. 21

YOUTH SWIM LESSONS

A progressive series of courses designed to teach water safety and swimming skills to youth **ages 6-17**. Each class has ten (10) students, 10 classes, @ 40 minutes per class. Our six (6) level progression classes are as follows:

Goldfish/Flying Fish- swim lessons for ages 4 & 5

Children under 6 must have recommendation of instructor before starting Level I.

Level I – Introduction to Water Skills

Elementary aquatic skills, front and back float introduced.

Level II – Fundamental Aquatic Skills

Back and front float. Swim on front and back with arm movements.

Tread water. Glide on front and back.

Level III – Stroke Development

Swim front and back 10 yards with breathing on the side. Butterfly kick introduced. Elementary backstroke introduced. Tread water. Dive from kneeling position.

Level IV – Stroke Improvement

Breaststroke and Side-stroke are introduced. Continue working on Elementary backstroke, front and back crawl. Coordinate butterfly. The child must be able to swim 25 yards front crawl with rotary breathing, back crawl 25 yards.

Level V – Stroke Refinement

Coordination and refinement of all strokes. Butterfly and Side-stroke (10 yards) Breaststroke (25 yards). Front and back crawl (50 yards).

Level VI – Stroke Refinement

Refine all strokes and improve endurance.

Registration Information

1. Please **bring Club receipts** to the **first day** of swim lessons.
2. **Parents may register for more than one session at a time to assure continued progression.**
3. If your child does not attend the first class and you do not call, the club reserves the right to fill spot with next available child.
4. Children ages six (6) and older who have never had swim lessons should be placed in Level I. Children ages 4 & 5 should be placed in Goldfish/Flying Fish. Movement of children ages 4 & 5 to Level 1 by instructor recommendation **ONLY!!**
5. Children who have their certificate from previous swim classes should register for the next swim level (Example: Those completing Level I should register for Level II)
6. Registration is on a first come first, serve basis. Class size is limited so please register early. Payment due at registration.
7. Swimmers who have hair longer than chin length **must** wear swimming caps.
8. Boys over 4 are not allowed in Girls' Locker room. Girls are not allowed in Boys' Locker room. Please go to Aquatics Office for the key to the Family Changing Room.
9. We sell bathing caps and goggles in Aquatics office.
10. Parents **must** observe swim lessons from bleacher area **only**.

Club Closing Dates 2007-2008

Thanksgiving: November 22nd – 25th
Christmas: December 22nd – 25th
New Year's: December 29th – Jan. 1st
President's Day: February 18th
Easter: March 21st – 23rd
Memorial Day: May 26th
Club Closed: June 21st – June 29th
Independence Day: July 4th
Club Closed: August 23rd – September 1st

2007-2008 Registration Dates*

Registrations take place on the dates listed in the Bingo

Hall from 6:30 p.m. -8:30 p.m.

Numbers are given out at 6:00 p.m.

**For current members & Clifton residents*

Fall swim classes (Sept. – Nov.)	Aug. 13, 2007
Winter/Spring (Sat. Only: Jan-June)	Nov. 19, 2007
Winter/Spring (Weekdays: Feb.-June)	Jan. 7, 2008
Summer Classes	June 2, 2008

All out-of-town residents, non-current members, and those wanting to sign up for Mom-N-Tot and Adult classes may register the day after above dates at the front desk from 9am – 6 pm.

Class Cancellation and Refund Policy

Class cancellations must be made 5 business days prior to the 1st class.

A \$10.00 administration fee will be charged per child per session on all refunds.

NO refunds will be accepted after this time.

Full refund will be made if a class is cancelled by the Boys & Girls Club of Clifton.

There are no exceptions for sickness, etc.

We **do not** do make-ups for missed classes unless we cancelled the class.

PRE-SCHOOL SWIM LESSONS SCHEDULE

(ages 4 and 5)

Fee: \$55 per session plus youth membership (see page 1)

A series of lessons designed to teach children ages 4 & 5 years old water adjustment skills to overcome the natural fear of the water. (Water entry, blowing bubbles, gliding, floating, fun & games).

Each class has 6 children per instructor. 10 classes for 30 minutes per lesson.

**~If you do not attend the first class and do not call,
the club reserves the right to fill your spot with the next available child.~**

Classes: A. **Goldfish (Beginner):** water exploration, water adjustment, basic skills, fun & games.
B. **Flying Fish (Advanced Beginners):** water adjustment, floating, gliding, kicking, beginner stroke, fun & games.

MONDAY & WEDNESDAY/ TUESDAY & THURSDAY CLASSES

Registration for Sessions I & II: Monday, August 13, 2007 from 6:30 p.m.- 8:30 p.m. in the Bingo Hall.

*Please read Registration Information on page 2.

Session I: Monday & Wednesday- Sept. 5 – Oct. 8
Tuesday & Thursday- Sept. 4 – Oct. 4

Session II: Monday & Wednesday- Oct. 15 – Nov. 14
Tuesday & Thursday- Oct. 11 – Nov. 13

Registration for Sessions III, IV, V & VI: Monday, Jan.7, 2008 from 6:30 p.m.- 8:30 p.m. in the Bingo Hall.

Session III: Monday & Wednesday- Feb. 4 – March 10
Tuesday & Thursday- Feb. 5 – March 6

Session IV: Monday & Wednesday- Mar. 17 – Apr. 16
Tuesday & Thursday- Mar. 13 – Apr. 15

Session V: Monday & Wednesday- April 23 – May 28
Tuesday & Thursday- April 22 – May 22

Session VI: June 3, 4, 5, 9, 10, 11, 12, 16, 17, & 18
Goldfish: 5:30-6:00 OR Flying Fish: 6:15- 6:55

Monday & Wednesday Classes & Times

Goldfish 4:00 – 4:30
Flying Fish 4:45 – 5:15
Flying Fish 5:30 – 6:00
Goldfish 6:15 – 6:45

Tuesday & Thursday Classes & Times

Goldfish 3:45 – 4:15
Flying Fish 5:30 – 6:00
Flying Fish 6:15 – 6:45

FRIDAY ONLY & SATURDAY ONLY CLASSES

ALL REGISTRATIONS TAKE PLACE IN THE BINGO HALL FROM 6:30 P.M. – 8:30 P.M.

*Please read Registration Information on page 2.

Registration for Sessions I- Friday OR Saturday ONLY classes-

Monday, August 13, 2007

Registration for Sessions III & V- SATURDAY ONLY classes-

Monday, November 19, 2007

Registration for Sessions III & V- FRIDAY ONLY classes-

Monday, January 7, 2008

Session I: Friday Only- Sept. 7 – Nov. 9
Saturday Only- Sept. 15 – Nov. 17

Session III: Friday Only- Jan. 25 – April 4
Saturday Only- Jan. 5 – March 8

Session V: Friday Only- April 11 – June 13
Saturday Only- March 29 – June 7- No Class May 24

Friday Only Classes & Times

Goldfish: 3:45 – 4:15
Flying Fish: 5:30 – 6:00 OR 6:15 – 6:45

Saturday Only Classes & Times

Goldfish: 10:00 – 10:30
Flying Fish: 10:30 – 11:00, 11:15 – 11:45
OR 11:45 – 12:15

YOUTH SWIM LESSONS SCHEDULE

(for ages 6 and up- children under 6 need to be recommended by instructor to sign up for Level classes)
10 children per class. 10 classes for 40 minutes per lesson. ~If you do not attend the first class and do not call, the club reserves the right to fill your spot with the next available child.~ Fee: \$55 per session

MONDAY & WEDNESDAY/ TUESDAY & THURSDAY CLASSES

Registration for Sessions I & II: Monday, August 13, 2007 from 6:30 p.m.- 8:30 p.m. in the Bingo Hall.

*Please read Registration Information on page 2.

Session I: Monday & Wednesday- Sept. 5 – Oct. 8
 Tuesday & Thursday- Sept. 4 – Oct. 4

Session II: Monday & Wednesday- Oct. 15 – Nov. 14
 Tuesday & Thursday- Oct. 11 – Nov. 13

Registration for Sessions III, IV, V & VI: Monday, Jan. 7, 2008 from 6:30 p.m.- 8:30 p.m. in the Bingo Hall.

*Please read Registration Information on page 2.

Session III: Monday & Wednesday- Feb. 4 – March 10
 Tuesday & Thursday- Feb. 5 – March 6

Session IV: Monday & Wednesday- Mar. 17 – Apr. 16
 Tuesday & Thursday- Mar. 13 – Apr. 15

Session V: Monday & Wednesday- Apr. 23 – May 28
 Tuesday & Thursday- Apr. 22 – May 22

Session VI: see below for class schedule and time**

Monday & Wednesday Classes & Times

Level 1: 5:30 – 6:10 OR 6:15 – 6:55
Level 2: 5:30 – 6:10 OR 6:15 – 6:55
Level 3: 4:00 – 4:40 OR 4:45 – 5:25
Level 4: 4:45 – 5:25
Level 5: 4:00 – 4:40
Polar Bear Club: 4:45 – 5:25 (see page 5)
 Prerequisite for PBC: must have passed Level 4

Tuesday & Thursday Classes & Times

Level 1: 6:15 – 6:55
Level 2: 5:30 – 6:10 OR 6:15 – 6:55
Level 3: 5:30 – 6:10
Level 4 & 5: 3:45 – 4:25
Youth Stroke Clinic: 3:45 – 4:25 (see page 5)
 Prerequisite for YSC: must have passed Level 4

FRIDAY ONLY & SATURDAY ONLY CLASSES

ALL REGISTRATIONS TAKE PLACE IN THE BINGO HALL FROM 6:30 P.M. – 8:30 P.M.

*Please read Registration Information on page 2.

Registration for Sessions I- Friday OR Saturday ONLY classes-

Monday, August 13, 2007

Registration for Sessions III & V- SATURDAY ONLY classes-

Monday, November 19, 2007

Registration for Sessions III & V- FRIDAY ONLY classes-

Monday, January 7, 2008

Session I: Friday Only- Sept. 7 – Nov. 9

Session III: Friday Only- Jan. 25 – April 4

Saturday Only- Sept. 15 – Nov. 17

Saturday Only- Jan. 5 – March 8

Session V: Friday Only- April 11 – June 13

Saturday Only- March 29 – June 7- No Class May 24

Friday Only Classes & Times

Level 1: 5:30 – 6:10 OR 6:15 – 6:55
Level 2: 5:30 – 6:10 OR 6:15 – 6:55
Level 3 & 4: 3:45 – 4:25

Saturday Only Classes & Times

Level 1: 10:00–10:40;10:45–11:25;11:30-12:10;12:15–12:55
Level 2: 9:15 – 9:55 OR 11:30 – 12:10 OR 12:15 – 12:55
Level 3: 9:15 – 9:55 OR 10:00 – 10:40 OR 10:45 – 11:25
Level 4: 10:00 – 10:40 OR 10:45 – 11:25
Level 5: 9:15 – 9:55 OR 12:15 – 12:55
Level 6: 9:15 – 9:55 OR 12:15 – 12:55
Polar Bear Club: 11:30 – 12:10 (see page 5)
 Prerequisite- must have passed Level 4

****Session VI:** Runs for 2 ½ weeks Monday through Thursday in June before Summer session.

Registration: Monday, January 7, 2008 from 6:30- 8:30 p.m. in the Bingo Hall

Class Dates: June 3,4,5,9,10,11,12,16,17,& 18 **Class times and Levels:** 5:30 – 6:10 p.m. Level 1, 2, 3, PBC & Goldfish
 6:15 – 6:55 p.m. Level 1, 2, 3, 4, & Flying Fish

YOUTH STROKE CLINIC

For serious swimmers to improve stroke mechanics, learn proper arm stroke, leg kick, breathing, starts/turns for basic 4 competitive swim strokes. (Schedule is also on page 4)

Prerequisite: Must have completed Level IV or have equivalent swimming abilities.

Classes: 10 classes per session, 40 minutes per class

Sessions: I: September 4 – October 4 II: October 11 – November 13 III: February 5 – March 6
IV: March 13 – April 15 V: April 22 – May 22

Days/ Times: Tuesdays & Thursdays 3:45 – 4:45 p.m.

Fee: \$55.00 plus Youth Membership (see page 1 for membership info)

POLAR BEAR CLUB

Swimmers ages 9 – 17, work on advanced swimming techniques. Starting blocks, flip-turns. Proper techniques for 4 competitive strokes and work on endurance. (Schedule is also on page 3)

Prerequisite: Must have completed Level IV or have equivalent swimming abilities.

Classes: 10 classes per session, 40 minutes per class

Weekday Sessions: I. September 5 – October 8 II. October 15 – November 14 III. February 4 - March 10
IV. March 17 – April 16 V. April 23 – May 28

Weekday Days/ Times: Mondays & Wednesdays 4:45 – 5:25 p.m.

Saturday ONLY Sess.: I. Sept. 15 – Nov. 17 III. Jan. 5 – Mar. 8 V. Mar. 29 – June 7 (No class May 24)

Saturday ONLY Time: 11:30 – 12:10 p.m.

Fee: \$55.00 plus Youth Membership (see page 1 for membership info)

MOM & TOT LESSONS

For children ages 6 months – 4 years accompanied by a parent. 1 parent per child.

A series of lessons designed to help your child feel comfortable in the water. Work on motor skills with arms & legs breathing, floating, emphasize on water adjustment and fun & games.

Session: 10 Lessons, 30 minutes per lesson. (Limit 15 toddlers per session)

Registrations: **Sess I:** ongoing at front desk after Tuesday, August 14

Sess III & V- SATURDAY ONLY: ongoing at front desk after Tuesday, November 20, 2007

Sess. III & V- MONDAY ONLY: ongoing at front desk after Tuesday, January 8, 2008

Session Dates: **Sess I:** Sept. 10 – Nov. 12 (Monday Only) OR Sept. 15 – Nov. 17 (Saturday Only)

Sess III: Jan. 7 – Mar. 17 (Monday Only) OR Jan. 5 – Mar. 8 (Saturday Only)

Sess V: March 31 – June 9 (Monday Only) OR Mar. 29 – June 7 (Sat. Only) No class May 24

Times: Mondays 1-1:30 p.m. OR Saturdays 1- 1:30 p.m.

Fee: \$55.00 per session plus 1 adult membership required (see page 1 for membership info)

YOUTH MEMBERSHIP (OPEN) RECREATIONAL SWIMS

Pool is open for all members to enjoy. This less-structured time allows for lifeguard supervised free swimming, playing and games. Free with memberships (See schedule for all available hours).

Swimmers who have hair longer than chin length must wear a swimming cap.

Dates: September 11 – November 13 and February 12 – June 20

June 30-August 22: Tuesdays & Wednesdays 7-8:30 p.m.

Note: Youth swim is postponed between November 15 – February 11 due to high school swim team season.

Ages: 6 and up (No one under 6 yrs of age is permitted in the water).

Days/Times: Tuesdays, Thursdays, & Fridays 4:30-5:30 p.m.

Saturdays 2:00-4:00 p.m.

Sundays 1:00-3:00 p.m.

Note: There is a \$1 fee to take the deep water test the first time. If you lose or forget your bracelet, you will need to pay \$2 and take the test again.

YOUTH & ADULT MEMBERSHIP FAMILY SWIMS:

No charge for members and their parents. Parent or guardian may accompany a child who is currently a member of the club.

Family Swim Rules:

1. All Children must be members! We do not offer day passes for friends, neighbors, cousins, etc.

2. Children 4 & 5 years old must be accompanied by a parent in the water. If a parent is unable or unwilling to go in the water, the child will not be permitted to swim.

3. Children under 4 years of age are not permitted in pool! NO EXCEPTIONS!

4. Children with hair longer than their chin must wear a bathing cap. You may bring your own or purchase a latex one for \$3 from the Aquatics office. We also have cloth and latex caps available for \$6.

Note: Times subject to change/cancellation during swim team season & other. (Nov. – Mar.)

Days/Times: Sept. 15 – June 15 Saturday 2:00-4:00 p.m. & Sunday 1:00-3:00 p.m.

June 30-August 22: Tuesday & Wednesday: 7-8:30 p.m.

***We now have a Family Changing Room! Inquire at Aquatics Office.**

SUMMER SWIM LESSONS

Parents may register for more than one session at a time to assure continued progression. Each session has 10 classes @ 40 minutes per class with 10 students. Goldfish/Flying Fish classes (ages 4 and 5) are 30 min per class with 6 students. Children ages 4 & 5 must be recommended for Level 1 by instructor.

Registration: June 2 from 6:30 – 8:30 p.m. in the Bingo Hall

Fee: \$55 plus youth membership (see page 1)

CLASS TIMES & LEVELS

Session I June 30 – July 11th (no class 7/4)

Session II July 14th – July 25th

Session III July 28th – August 8th

Session IV August 11th – August 22

9:00AM-9:40AM Level 2, 3, 5 & Flying Fish

9:45AM-10:25AM Level 1, 3, 4 & Gold Fish

10:30AM-11:10AM Level 1, 2, 4 & Flying Fish

11:15AM-11:55AM Level 2, 3, 6 & Gold Fish

GET READY PROGRAM

HIGH SCHOOL SEASON COMING SOON. THIS PROGRAM WILL INCREASE YOUR ENDURANCE, IMPROVE YOUR STROKE TECHNIQUES AND ALLOW YOU TO BE PART OF A COMPETITION ENVIRONMENT.

Session/Dates: SEPTEMBER 18 – NOVEMBER 13, 2007
Ages: HIGH SCHOOL
Days: TUESDAY & THURSDAY
Time: 8:00-9:00 p.m.
Fee: \$55.00/ PLUS YOUTH MEMBERSHIP (see pg 1)

LIFEGUARD TRAINING COURSE

Train to be a lifeguard, to feel comfortable and safe in and around water, to perform a job as a lifeguard at high level of proficiency. (28 ½ hrs.)

Ages: 15 and up
Date/Time: December (dates TBA) and April – May 2008 (dates TBA)
Fee: \$175.00 plus youth membership (\$35)
Registration: Friday, October 12 and Thursday, March 27 **Time:** 6 – 7 p.m. in Aquatics Office

WATER SAFETY INSTRUCTOR COURSE:

Successful completion of this course certifies the candidates to teach the American Red Cross Swimming and water safety courses. Includes: teaching progression, course/lesson planning, recognition of skill errors, provision of corrective feedback, motor learning, hydrodynamic principles, cultural diversity techniques, and fitness.

Ages: 16 and up **Date:** (Date & Time To be announced)

For more information on any of these courses please feel free to call Aquatics Director, Nadia Stavko @ 773-2697 ext. 31

POOL RENTALS/ BIRTHDAY PARTIES

The Club Pool will be available to outside community groups for Rentals, Birthday Parties, etc. Community Group must have Certificates of Insurance. Party groups must sign contract with Hold Harmless Agreements. Children (4-5 years old) **must** be accompanied by an adult in the water.

Children under 4 years old not permitted in the pool.

2 Hour Rental “Birthday Parties” -1 Hour Pool, 1 Hour Party Room

Days: Saturday & Sundays **Time:** Saturday 4-6 & 5-7 p.m. / Sunday 12-2, 3-5, & 4-6 p.m.

Fee: \$225.00 (Maximum of 25 children, each additional child \$10.00)

Contact: Front Desk (No reservations made over the phone – must READ/SIGN contract and pay fee)

**** All groups subject to pool Rules & Regulations**

“SEAHAWKS” SWIM TEAM

SWIMMING IS A VOLUNTEER INTENSIVE SPORT!

“SEAHAWKS” is a member of USA Swimming. The mission of the swim team is to teach competitive swimming to serious swimmers within a positive environment. Our team of coaches strives to make each member achieve his/her potential and exposes them to the exciting world of team swimming.

The Seahawks Swim Team is open to all competitive swimmers ages 5 and older who swim at a Level 4, or above, skill. Swimmers are expected to attend all practices, participate in all dual meets, USAS meets (Silver/Bronze, Junior Olympics, Eastern Zone, National Boys & Girls Club Championship in Florida and B&G Invitational in Union, NJ). Dedication, positive attitude, and a willingness to put forth a consistent effort are required. All parents are required to volunteer in assisting the running of the swim meets held during the season as timers, marshals, judges, as well as various fundraising events, especially the Seahawks hosted Winter Cup meet. This helps the Boys & Girls Club of Clifton to maintain the high standards in programming which includes the Seahawks Swim Team and to keep costs affordable.

Our swimmers have won at the Mini Championship of New Jersey, Junior Olympics and Silver Championship. The Seahawks swim team took First Place at the East Coast Boys & Girls Clubs Invitational, Third Place and 2-time Team Spirit Award winner at the Boys & Girls Clubs National Championship in Florida.

Our season runs September through March (short course) and April through July (long course). Swimmers are divided into five groups based on age and ability. All swimmers will take a T-30 test (30 minutes of non-stop swimming) in October and January. This test helps personalize the training process of each swimmer according to his/her cardiovascular ability. Group placement will be updated after each test. This test will be given during normal practice schedule.

The swim team groups are as follows:

JO's Group- swimmers in this group have achieved at least four Gold standard times for JO's and Zone Champs.

Gold: swimmers in this group have achieved JO cuts in at least two events by the end of the season.

Dolphins: swimmers demonstrate a willingness to train and compete in all strokes and distances and have achieved at least silver time standard in four events in their age group.

Sharks: swimmers demonstrate a legal 100 yards IM and put forth consistent effort.

Bronze: swimmers ages 8 & under whom need to improve legal stroke technique and build confidence in competing in order to move to higher level in swim team.

Team Website- www.cliftonseahawks.org

Every swimmer should check this website regularly for updates, important notices and to sign up for meets, check directions to meets, coaches' information, emergency numbers, practice/meet cancellations. Swimmers will no longer have files. All information and meets sign ups MUST be done through website. It is every swimmers responsibility to check the website and Seahawks bulletin board each practice for new notices.

****Seahawks Swimmers participating in High School season (Nov. 15 – Feb. 1) must attend a minimum of 4 Seahawks practices per week and participate in USAS and Dual meets. If not able to complete this requirement, please do not sign up for Seahawks swim team. (Please see Get Ready Program on page 7)**

*****High School Group Program**

This program is designed for High School Swimmers who want to participate in USAS meets and dual meets with “Seahawks” Swim Team without attending team practices.

Fee: \$165.00 (\$35.00 Membership plus \$150.00 USAS Fee)



"SEAHAWKS"

Seahawks Swim Team Season begins September 17- March 30

Team Tryouts for new swimmers will be held by appointment **ONLY** from July 5- Sept 12. *Call for an appointment for date and time at 973-773-2697 ext 31.*

The last day for tryouts will be held Sept. 13 from 6-8 p.m.*

*No appointment necessary for this date.

Registration will be held in the Aquatics Office from July 5 – Sept. 12

Last day of registration for all swimmers is Sept. 14, 6:00 – 8:00 p.m. in Nutrition Room.

*Parents Orientation meeting for **NEW** swimmers is Friday, Sept. 14 at 6:30 p.m. in the Teen Center.

50% of payment is due upon registration. All major credit cards accepted.

Full payment **must** be made by Nov. 1 unless on payment plan.

*Talk to Nadia regarding payment plan.

Please make payments in **Aquatics Office**. If you make payment at the front desk, please bring your receipt to Nadia so she can mark you as paid.

All overdue payments are subject to a \$25 late fee per week starting Nov. 2.

If payment is not made by Nov. 1, your child will not be allowed to swim.

We can not guarantee a space on the team if you are not registered before Sept. 14.

All NEW SWIMMERS will have an interview with Coach Vlad before registration.

Group Practice Schedule:

Bronze: (9 & under)	Tuesday and Thursday 5:30-6:30 p.m. (New Swimmers)
Sharks:	Mon., Wed., & Fri 5:30-6:30 p.m.
Dolphins:	Monday-Friday 6:00-8:00 p.m. (Dry Land 6:00-6:30 p.m.)
Gold:	Monday-Friday 5:30-8:00 p.m. (Dry Land 7:30-8:00 p.m.)
J.O. Group:	Mon.-Fri. 5:30-8:00 p.m. (Dry Land 5:30-6:00 p.m.) & Sat. 11 – 1 p.m.

***Group placement is decided by coach.

***Practice times may change after Try-outs & Registration.

SWIM TEAM FEES – \$460 plus membership (\$35 1st child, \$25 each additional child)

	1st Child	2nd child	3rd child
USA Swimming Fees	\$150	\$150	\$150
Team Fee	\$250	\$225	\$200
Plus team swim suit & cap	\$ 60	\$ 60	\$ 60
Total	\$460	\$435	\$410 subtract \$15 for boys for suit

Please find the Swim Team application and policies on our website at www.bgcclifton.org. Print out application and policies, sign and bring with you to registration. You cannot register without this information.

SEAHAWKS” SPRING & SUMMER SWIM TEAM

“SEAHAWKS” a competitive Swim Team; a member of USA Swimming.

GROUP PRACTICE SCHEDULE:

SPRING

DATES: April 14 - June 20

Bronze ages 9 & under: Mon. – Fri. 5:30-6:30p.m. **REGISTRATION:** starting Feb. 12 in Aquatics Office
Silver ages 10-13: Mon. – Fri. 6:30- 8:00p.m. **NEW SWIMMERS MUST TRY-OUT.**
Gold ages 11 & up: Mon. - Fri. 6:30-8:00 p.m. **Call Aquatics Office for appointment 973-773-2697 ext 31.**
FEE: \$110 plus Youth Membership (see pg 1) **

SWIM TEAM REQUIREMENTS:

SEAHAWKS SPRING SWIM TEAM IS OPEN TO ALL SWIMMERS WHO SWIM AT LEVEL 4 OR ABOVE SKILL. A POSITIVE ATTITUDE AND A WILLINGNESS TO PUT FORTH A CONSISTENT EFFORT IS REQUIRED. GROUP PLACEMENT DECIDED BY COACH.

SUMMER

The Summer Swim Team is open for swimmers with gold and silver time standards.

Registration: April 15 in Aquatics Office

Dates: June 30 – August 15 **Time:** Mon - Fri 3:30 - 6 pm (subject to change)

Fees: \$110 plus membership (see page 1) ** If you sign up for both Spring and Summer \$160

SEAHAWKS PRE-SUMMER SWIM CLINIC

The purpose of this swim clinic is to give competitive swimmers a better understanding of their strokes, learn how to improve their techniques and continue their endurance workouts.

Prerequisite for this clinic: Child should have finished Level 5 or have equivalent swimming ability. Child should be able to do all 4 strokes well: Freestyle, Backstroke, Breaststroke & Butterfly.

Dates & Times: June 23-27 (Mon-Fri) 9:00 a.m. – 12:00 p.m.

Fee: \$70 plus youth membership (see page 1 for membership info)

SUMMER SWIM TECH CAMP

This camp is dedicated to helping serious swimmers work on stroke development, conditioning and preparation for the upcoming swim team season. Swimmers will benefit from stroke clinics, instructional videos, stretching and conditioning exercises. This camp is perfect for the competitive swimmer or for those looking to become a competitive swimmer. Each day consists of 3 hours (dry land-gym 9-10 a.m., video 10-10:40, & stroke development in pool 10:45 – 12:00 p.m.).

Prerequisite: Must have completed Level 5 in swim lessons or can swim the equivalent.

Time & Days: Daily (Mon. – Fri) from 9:00 a.m. – 12:00 p.m.

Fees: \$70 per week 1st child and \$63 each additional child in same household plus membership.

Registration: ongoing from March 24 at the Front Desk. Space limited to 30 children per week.

First come, First serve basis! SIGN UP TODAY!!

Week 1: June 30- July 3	Freestyle	Week 5: July 28 - Aug. 1	Starts & Turns
Week 2: July 7-11	Backstroke	Week 6: Aug. 4 - 8	Freestyle/Backstroke
Week 3: July 14-18	Butterfly	Week 7: Aug. 11 - 15	Breaststroke/Butterfly
Week 4: July 21-25	Breaststroke	Week 8: Aug. 18 - 22	Starts & Turns

ADULTS/SENIORS AQUATICS PROGRAMS

The Boys & Girls Club of Clifton in our effort to serve the Clifton Community now offers Adult Swim Programs. Utilizing its Aquatic Staff of WSI instructors & coaches the adult programs will be designed to provide valuable skill development, learn to swim and adult fitness & endurance programs.

REGISTRATIONS ARE ONGOING AT THE FRONT DESK.

ADULT SWIM LESSONS

Swimming - a Lifetime Sport/Fitness Program; Re-introduce yourself to swimming classes designed to cover basic pool safety/survival skills and to teach basic swim strokes, floating, treading water, etc. in a positive, encouraging environment.

Session: 10 Classes at 45 minutes/class

ADULT LESSON SCHEDULE

Session /Dates: Session I- September 10 – October 11 Session II- October 15 – November 15

Session III- January 7 – February 7 Session IV- February 21 – March 24

Session V- March 31 – May 1 Session VI- May 8 - June 16*

*No Class May 26 & June 2

Days & Time: Monday & Thursday 7:00- 7:45p.m.

Fees: \$60.00/session plus adult membership or \$50.00/session with Adult Silver or Senior Gold Membership.

(Please see page 1 for membership information)

ADULT/SENIOR LAP SWIMS

A great opportunity for adults & seniors to practice their swimming skills and improve upon your fitness/endurance levels. Participants must be able to swim 25 yds.

****August 27- September 3, 2007 Club will be closed/ No lap swim.****

Availability: September 6, 2007 - June 27, 2008

Morning Hours: Monday through Friday 7:00-11:00 a.m

Evening Hours: Monday, Tuesday, Wednesday & Thursday 8:00-9:00 p.m.*

***Evening hours run September 10th – November 14th and February 19th – June 19**

Due to swim team obligations, there are no evening adult lap swims from November 15- February 14

Weekend Hours: Saturdays 1:00-2:00 p.m. and Sundays 10:00 a.m.-12:00 p.m.

Availability: June 30 - August 22, 2008 (August 28-September 1, 2008 Club will be closed/ No lap swim!)

Morning Hours ONLY: Monday – Friday 6:45 – 8:45 a.m.*

*No Evening or Sat./Sun. hours during the Summer due to limited Club hours.

~All adults must be out of the locker rooms by 9:00 a.m.~

Fees: Basic Adult Membership (see page 1) plus monthly Lap Swim Fee**

****Monthly fee:** Adults: \$25.00/month Seniors(55+): \$20.00/month

OR sign up for the Yearly Adult Silver or Senior Gold memberships (see page 1) and Lap Swim is included.

Note: If you're interested in doing water exercise, please use small pool only. Large pool is designated for lap swim.

Courteous Lap Swim rules will apply: 2 people/lane or 3 or more circle swim.

**** PAYMENT MUST BE MADE BY THE 1ST FRIDAY OF EACH MONTH.**

LAP SWIMMERS MUST SIGN IN AT THE POOL AREA AND SHOW PROOF OF PAYMENT.

WATER EXERCISE PROGRAMS

Improve your muscular strength, cardio-respiratory endurance, and flexibility/endurance.

Benefits of water exercise:

1. Buoyancy lessens impact on joints, thus reducing injury.
2. Water cools the body during exercise to avoid overheating.
3. Warm water increases blood circulation and promotes healing of injured tissues.
4. Warm water relaxes tight muscles and increases joint motion.

Adult/Senior Aqua Aerobics:

Session: 10 Classes, 40 minutes/class

Dates: Sess. I: Sept. 11 – Oct. 12 Sess. IV: Apr. 15 – May 16
Sess. II: Oct. 16 – Nov. 16 Sess. V: May 20 – June 20
Sess. III: March 4 – April 8

Times: Tuesday & Friday 7:00 p.m. – 7:40 p.m.

Fees: \$60.00 plus basic Adult Membership (see page 1)

*The Arthritis Foundation New Jersey Chapter
& The Boys & Girls Club of Clifton
in cooperation with The North Jersey Regional
Arthritis Center (NJRAC)
Presents*

NEW! Arthritis Foundation's WET Program

Water Exercise Therapy (WET) is a water exercise program designed for people with arthritis and related conditions. Water exercise is especially good for people with arthritis, because it allows you to exercise without putting excess strain on your joints and muscles. It gives you the opportunity to do gentle activities in warm water, with guidance from a certified instructor from the NJRAC and the Arthritis Foundation.

Dates: Sess. I: Sept. 10 – Oct. 11 Sess. IV: Apr. 10 – May 12
Sess. II: Oct. 15 – Nov. 15 Sess. V: May 15 – June 19*
Sess. III: Mar. 3 – Apr. 3 *No class May 26

Days & Time: Monday & Thursday 11:00- 11:45 p.m.

Fee: \$60.00 plus adult membership (see page 1 for membership info **Note:** Doctor's permission is required in order to register for this class.

Pool Rules

1. People are permitted in the pool area only when lifeguard is on duty.
2. Walk, do not run on the deck.
3. No wrestling, horseplay, punching, dunking, splashing, or pulling others into the pool.
4. Diving masks and snorkels are not permitted for use while swimming.
5. Jumping or diving from the side of the pool is not permitted, except for special times set up by the lifeguard on duty. No swimming is permitted in the area when diving is taking place. Diving must be run in an organized, controlled manner in the deep end of the pool.
6. It's mandatory that all persons take a shower before entering the pool.
7. Any person showing evidence of skin disease, sores, inflamed eyes, nasal or ear discharge, open blisters, or any communicable diseases, excessive sunburn, cuts or bandages shall be refused admission.
8. No glass containers or metal objects permitted in pool area.
9. People in street clothes may not be permitted in the water unless this infringes upon their religious practice. Only then may a person wear a shirt and non-baggy pants.
10. No food or drinks permitted in the pool area.
11. Use of obscene or abusive language will be grounds for ejection from the pool.
12. No smoking permitted in pool area.
13. Any one suspected of being under the influence of drugs or alcohol shall be prohibited from entering the pool area.
14. Disrobing is only allowed in the locker room.
15. No sitting on or holding the lane lines.
16. Bathing caps are required for all persons with hair that reaches below their chin.
17. Spitting out water or blowing nose in water is prohibited.
18. Chewing gum in the water is prohibited.
19. Members must have an appropriate bathing suit, towel and membership card to be allowed in the pool.
20. One long blast whistle, everyone must sit on the side of the pool.
21. Emergency equipment is for lifeguard use only.
22. Only those individuals with blue wristbands are allowed in the deep end of the pool.
23. No playing or hanging on stairs or ladders.
24. All children age 6 and under must be accompanied by an adult in the water. Violators of swimming rules are subject to revocation of swimming privileges.
25. Do not enter the water if you are experiencing or recovering from diarrhea or have had any signs or symptoms of a gastrointestinal (stomach) disease in the past seven days.
26. All children in diapers must wear plastic pant with snug fitting elastic waist and leg bands.
27. Children should be encouraged to use the restroom before entering the water. Immediately report any "accidents" you observe in the bathing waters to a lifeguard.
28. No animals, except for service animals shall be allowed in swimming pool, dressing rooms, or other parts of the enclosure.
29. We strongly recommend all pool patrons to wear footwear (sandals or flip-flops) in and around the pool area for your health and the health of others.

FREQUENTLY ASKED QUESTIONS

Below you will find the answers to many of your questions.

If you still have questions, please feel free to contact us at 973-773-2697 ext 31 or 35.

Thank you!

1. When can I sign my child up for swimming lessons?

We hold 4 registrations a year. One in August for September –November classes, November for January – June *Saturday Only* classes, January for February-June classes and June for July-August classes. At these registrations, you may sign up for more than one session to ensure continued progression. If you missed the registration, you may sign up at the front desk for whatever classes are available or go on the waiting list in case space becomes available for a specific class.

2. I live in a town that already has a Boys & Girls Club (Garfield, Lodi, Passaic, Paterson). Can I still sign my child(ren) up for swim lessons here?

Yes, but if your child(ren) is/are not currently a member, you may sign up for classes at the front desk the day after registration.

3. I would like to sign my child(ren) up for swimming lessons, but missed the registration. Can I still sign up?

Yes, you may sign up at the front desk if we still have space in the class(es) you're looking for. If the class is full, you are welcome to sign up for the waiting list.

4. My child is on the waiting list for swimming classes. How does this work?

Once you are on a waiting list, there's nothing else you need to do. If a space becomes available, we will call you at the number you have provided. If you do not hear from us, then it means no space became available.

5. What do I need to bring to the first day of swimming class?

You should bring your receipt (proof that you paid for the class), a bathing suit, towel and we recommend wearing flip-flops or sandals while walking on deck. If your child has hair longer than his/her chin, your child will need a bathing cap. You may bring one or purchase a latex cap in the Aquatics Office for \$3. Cloth and Silicone caps are also available for \$6. Goggles are optional and can also be purchased in the Aquatics Office for \$6.

6. My child's swimming class started today. He/She will not be able to attend this session. Can I cancel and get a refund?

If you need to cancel a class, you must do so **5 days before** the class starts. After this cut-off, NO refunds will be given for classes. If cancelled 5 days before the first class, you will be charged a \$10 administration fee per session per child. You will receive a check for the remaining amount in the mail. If a cancellation is necessary **after** 5 days before the first class starts or once the class has already started, NO refunds will be issued. We **do not** offer credits for another session or class. There are **no exceptions** in cases of sickness, family emergency, etc. Full refunds or credits will be issued if class is cancelled by the club.

7. I signed up my child for the next level in the next session, but he/she did not pass this class. What do I do?

We will do everything we can to help find a spot for your child for the level he/she needs. If we cannot find a space due to full classes, we will issue you a FULL refund.

8. I am an adult who just purchased a membership, what does this membership include?

You may attend "Family Membership Swim" free of charge with a membership. Although, it is not necessary for you to be a member to attend "Family Swim" if you will be attending with your child who is currently a member. We require Adult Membership in order to sign up for other adult programs. There are extra fees for these programs. Please see "Activities & Fees" on page 2.

Boys & Girls Club of Clifton



Aquatics Program Grid- Sept. - June

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Youth Swim Lessons	4:00-6:55	3:45-6:55	4:00-6:55	3:45-6:55	3:45-6:55	9:15-12:55	
Youth Stroke Clinic		3:45-4:25		3:45-4:25			
Polar Bear Club	4:45-5:25		4:45-5:25				
Adult Swim Lessons	7-7:45			7-7:45			
Mom-N-Tot Class	1-1:30 p.m.					1-1:30 p.m.	
Water Exercise		7-7:40 p.m.			7-7:40 p.m.		
WET Program	11-11:45			11-11:45			
Adult Lap Swim	7-11a.m. *8-9 p.m.	7-11 a.m. *8-9 p.m.	7-11 a.m. *8-9 p.m.	7-11a.m. *8-9 p.m.	7-11 a.m.	*1-2 p.m.	*10-12 p.m.
Youth Open Swim		4:30-5:30		4:30-5:30	4:30-5:30		
Family Open Swim						*2-4 p.m.	*1-3 p.m.
Seahawks Swim Team	5:30-8 p.m.	5:30-8 p.m.	5:30-8 p.m.	5:30-8 p.m.	5:30-8 p.m.	Swim Meets	USAS Meets
Birthday Parties						4-6 p.m./ 5-7 p.m.	12-2 p.m./ 3-5 & 4-6

***Note: Evening Adult Lap Swim is Monday-Thursday, Sept. 10- Nov. 14 from 8-9 p.m. There is NO Evening Adult Lap Swim from Nov. 15- Feb. 11 due to HS swim team season. Evening Adult Lap Swim Resumes Feb. 12- June 20. Summer Lap Swim Schedule: July & Aug. Mon- Friday 6:45 a.m. - 8:45 a.m.**

Registration for Fall Programs Youth/Pre-School Swim Lessons

Monday, August 13, 2007

6:30-8:30p.m.

(Registration for Mom-N-Tot & Adult Classes will start Aug. 14th @ Front Desk from 9-4 p.m.)

Registration Winter/Spring

Saturday Only Registration

Monday, November 19, 2007

6:30 - 8:30 p.m.

Weekday classes

Monday, January 7, 2008

6:30 – 8:30 p.m.