

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

Activity	Fee	page
Swim Lessons for ages 4 & 5	\$60 per session plus youth membership	3
Swim Lessons for ages 6 & 17	\$60 per session plus youth membership	4
Youth Stroke Clinic Prerequisite: passed Level 4	\$60 per session plus youth membership	5
Polar Bear Club Prerequisite: passed Level 4	\$60 per session plus youth membership	5
Mom-N-Tot	\$60 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)	\$485 plus youth membership	8-9
Spring & Summer Swim Team (April – June) & (July-August)	\$115 plus youth membership	10
Pre-Summer Swim Clinic	\$75 plus youth membership	10
Summer Swim Tech Camp	\$75 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

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

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 Popyel
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

SWIM LESSON PROGRESSION

Goldfish/Flying Fish- water adjustment skills for ages 4 & 5
Children ages 4 & 5 must have recommendation of instructor before starting Level I.

The following levels are for ages 6-17.

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 25 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.

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.

Club Closing Dates 2008-2009

Thanksgiving:	November 27 th – 30 th
Christmas:	December 24 th – 28 th
New Year's:	December 31 st – Jan. 2 nd
Easter:	April 10 th – 12 th
Memorial Day:	May 25 th
Club Closed:	June 27 th – July 5 th
Club Closed:	August 29 th – September 8 th

Class Cancellation and Refund Policy

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

NO refunds or credits will be accepted after this time. There are no exceptions for sickness, etc.

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

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

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

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**.

2008-2009 Registration Dates*

*For current members & Clifton residents **ONLY**

Registrations take place on the dates listed below in the Bingo Hall from 6:30 p.m. -8:30 p.m.

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

Fall swim classes (Sept. – Nov.)	Aug. 4, 2008
Winter/Spring (Sat. Only: Jan-June)	Nov. 17, 2008
Winter/Spring (Weekdays: Feb.-June)	Jan. 12, 2009
Summer Classes	June 1, 2009
Fall swim classes 2009	Aug 3, 2009

The above dates are ONLY for CLIFTON RESIDENTS and CURRENT MEMBERS.

In order to qualify for this registration, your child must have been a member for at least **ONE WEEK** prior to this registration. **Memberships for non-residents are NOT ACCEPTED on the day of registration. You must show proof of residency for Clifton residents or proof of membership for non-residents (child's membership card or receipt showing payment) prior to entering.** Failure to bring proof will result in failure to get into registration.

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.

SWIM LESSONS SCHEDULE for 4 & 5 YEAR-OLDS

Fee: \$60 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 water. (Water entry, blowing bubbles, kicking with support, gliding, floating, jumping, 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 4, 2008 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. 3 – Oct. 6
Tuesday & Thursday- Sept. 4 – Oct. 7

Session II: Monday & Wednesday- Oct. 13 – Nov. 12
Tuesday & Thursday- Oct. 14 – Nov. 13

Registration for Sessions III, IV, V & VI: Monday, Jan.12, 2009 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. 2 – March 4
Tuesday & Thursday- Feb. 3 – March 5

Session V: Monday & Wednesday- April 20 – May 20
Tuesday & Thursday- April 21 – May 21

Session IV: Monday & Wednesday- Mar. 11 – Apr. 13
Tuesday & Thursday- Mar. 12 – Apr. 14

Session VI: June 2, 3, 4, 8, 9, 10, 11, 15, 16 & 17
Goldfish: 5:30-6:00 OR Flying Fish: 6:15- 6:55

<u>Monday & Wednesday Classes & Times</u>	<u>Tuesday & Thursday Classes & Times</u>
Goldfish 4:00 – 4:30	Goldfish 3:45 – 4:15
Flying Fish 4:45 – 5:15	Flying Fish 5:30 – 6:00
Flying Fish 5:30 – 6:00	Flying Fish 6:15 – 6:45
Goldfish 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 4, 2008

Registration for Sessions III & V- SATURDAY ONLY classes-

Monday, November 17, 2008

Registration for Sessions III & V- FRIDAY ONLY classes-

Monday, January 12, 2009

Session I: Friday Only- Sept. 5 – Nov. 7
Saturday Only- Sept. 13 – Nov. 15

Session V: Friday Only- April 17 – June 19
Saturday Only- March 28 – June 13- No Class May 25

Session III: Friday Only- Jan. 30 – April 3
Saturday Only- Jan. 10 – March 14

<u>Friday Only Classes & Times</u>	<u>Saturday Only Classes & Times</u>
Goldfish: 3:45 – 4:15	Goldfish: 10:00 – 10:30
Flying Fish: 5:30 – 6:00 OR 6:15 – 6:45	Flying Fish: 10:30 – 11:00, 11:15 – 11:45 OR 11:45 – 12:15

SWIM LESSONS SCHEDULE for AGES 6 & OLDER

(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: \$60 per session plus membership (see page 1)

MONDAY & WEDNESDAY/ TUESDAY & THURSDAY CLASSES

Registration for Sessions I & II: Monday, August 4, 2008 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. 3 – Oct. 6
Tuesday & Thursday- Sept. 4 – Oct. 7

Session II: Monday & Wednesday- Oct. 13 – Nov. 12
Tuesday & Thursday- Oct. 14 – Nov. 13

Registration for Sessions III, IV, V & VI: Monday, Jan. 12, 2009 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. 2 – March 4
Tuesday & Thursday- Feb. 3 – March 5

Session V: Monday & Wednesday- Apr. 20 – May 20
Tuesday & Thursday- Apr. 21 – May 21

Session IV: Monday & Wednesday- Mar. 11 – Apr. 13
Tuesday & Thursday- Mar. 12 – Apr. 14

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 4, 2008

Registration for Sessions III & V- SATURDAY ONLY classes-

Monday, November 17, 2008

Registration for Sessions III & V- FRIDAY ONLY classes-

Monday, January 12, 2009

Session I: Friday Only- Sept. 5 – Nov. 7

Session V: Friday Only- April 17 – June 19

Saturday Only- Sept. 13 – Nov. 15

Saturday Only- March 28 – June 13- No Class May 25

Session III: Friday Only- Jan. 30 – April 3

Saturday Only- Jan. 10 – March 14

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 12, 2009 from 6:30- 8:30 p.m. in the Bingo Hall then ongoing at front desk

Class Dates: June 2,3,4,8,9,10,11,15,16&17 **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 7 III: February 3 – March 5 V: April 21 – May 21
II: October 14 – November 13 IV: March 12 – April 14

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

Fee: \$60.00 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 3 – October 6 III. February 2 - March 4 V. April 20 – May 20
II. October 13 – November 12 IV. March 11 – April 13

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

Saturday ONLY Sess.: I. Sept. 13 – Nov. 15 III. Jan. 10 – Mar. 14 V. Mar. 28 – June 13 (No class May 25)

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

Fee: \$60.00 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 5

Sess III & V- SATURDAY ONLY: ongoing at front desk after Tuesday, November 18, 2008

Sess. III & V- TUESDAY ONLY: ongoing at front desk after Tuesday, January 13, 2009

Session Dates: **Sess I:** Sept. 9 – Nov. 11 (Tuesday Only) *OR* Sept. 13 – Nov. 7 (Saturday Only)

Sess III: Jan. 6 – Mar. 10 (Tuesday Only) *OR* Jan. 10 – Mar. 5 (Saturday Only)

Sess V: March 24 – May 26 (Tuesday Only) *OR* Mar. 28 – June 13 (Sat. Only) No class May 25

Times: Tuesdays 11:30-12:00 p.m. *OR* Saturdays 1- 1:30 p.m.

Fee: \$60.00 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).

Please note: This open swim time is for members, ages 6-17 ONLY- NO ADULTS ALLOWED.

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

Dates: September 9 – November 14 and February 12 – June 26

July 7-August 28: 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. 13 - June 21** Saturday 2:00-4:00 p.m. & Sunday 1:00-3:00 p.m.

July 07 - August 28: 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.

****See page 2 for Swim Lesson Progression**

Registration: June 1 from 6:30 – 8:30 p.m. in the Bingo Hall

Fee: \$60 plus youth membership (see page 1)

CLASS TIMES & LEVELS

Session I July 6 – July 17th

Session II July 20th – July 31st

Session III August 3rd – August 14th

Session IV August 17th – August 28th

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, 4, 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, 2008
Ages: HIGH SCHOOL
Days: TUESDAY & THURSDAY
Time: 8:00-9:00 p.m.
Fee: \$60.00/ 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 6 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: \$205.00 (\$35.00 Membership plus \$170.00 USAS Fee)



“SEAHAWKS”

Seahawks Swim Team Season begins September 15- March 29

Team Tryouts for new swimmers will be held by appointment ONLY from July 7- Sept 10. *Call for an appointment for date and time at 973-773-2697 ext 31.*

The last day for tryouts will be held Sept. 11 from 6-8 p.m.* *No appointment necessary for this date.

Please find the Swim Team application and policies on our website at www.cliftonseahawks.org.

Print out application and policies, sign and bring with you to registration. You cannot register without this information.

We cannot guarantee a space on the team if you are not registered by Sept. 11.

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

*Parents Orientation meeting for NEW swimmers is Friday, Sept. 12 at 6:30 p.m. in the Teen Center.

Registration will be held in the Aquatics Office from July 7 – Sept. 10

Last day of registration for all swimmers is Sept. 11, 6:00 – 8:00 p.m. in Pool Classroom.

\$285 initial payment is due upon registration. (minus \$10 for boys)

\$200 balance **must** be made by Nov. 3 unless on payment plan.

If payment is not made by Nov. 3, your child will not be allowed to swim.

All overdue payments are subject to a \$25 late fee per week starting Nov. 4.

*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.**

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 6:30-8:00 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.)

***Group placement is decided by coach.

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

SWIM TEAM FEES – \$485 plus membership (\$35 1st child, \$25 each additional child)

	1 st Child	2 nd child	3 rd child
USA Swimming Fees	\$170	\$170	\$170
Team Fee	\$250	\$225	\$200
Team swim suit & cap	\$ 65	\$ 65	\$ 65
Total Swim Team Fee	\$485	\$460	\$435 subtract \$10 for boys' suit

SEAHAWKS” SPRING & SUMMER SWIM TEAM

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

GROUP PRACTICE SCHEDULE:

SPRING

DATES: April 15 - June 26

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: \$115 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 29 – August 15 **Time:** Mon - Fri 3:30 - 6 pm (subject to change)

Fees: \$115 plus membership (see page 1) ** If you sign up for both Spring and Summer \$170

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 29 - July 3 (Mon-Fri) 9:00 a.m. – 12:00 p.m.

Fee: \$75 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.).
*Come in your gym clothes and sneakers and meet the coach in the gym.

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: \$75 per week 1st child and \$68 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: July 6 - 10	Freestyle	Week 5: Aug. 3 - 7	Starts & Turns
Week 2: July 13 - 17	Backstroke	Week 6: Aug. 10 - 14	Freestyle/Backstroke
Week 3: July 20 - 24	Butterfly	Week 7: Aug. 17 - 21	Breaststroke/Butterfly
Week 4: July 27 - 31	Breaststroke	Week 8: Aug. 24 - 28	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 ~Minimum of 6 people needed to hold class

ADULT LESSON SCHEDULE

Session /Dates: **Session I- September 8 – October 9**
Session II- October 13 – November 13
Session III- January 19 – February 19

Session IV- February 26 – March 30
Session V- April 6 – May 7
Session VI- May 14 - June 22*
*No Class May 25 & June 1

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 25- September 1, 2008 Club will be closed/ No lap swim.****

Availability: September 2, 2008 - June 26, 2009

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 9th – November 13th and February 17th – June 18th**

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: July 6 - August 28, 2009 (August 31-September 7, 2009 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~ minimum of 6 people needed to hold class

Dates: Sess. I: Sept. 9 – Oct. 10 Sess. IV: Apr. 14 – May 15
Sess. II: Oct. 17 – Nov. 18 Sess. V: May 26 – June 26
Sess. III: March 3 – April 3

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*

Arthritis Foundation's Aquatic Program

This program 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. 8 – Oct. 9 Sess. IV: Apr. 6 – May 7
Sess. II: Oct. 13 – Nov. 13 Sess. V: May 14 – June 18*
Sess. III: Mar. 2 – Apr. 2 *No class May 25

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

Fee: \$60.00 plus adult membership (see page 1 for membership info)

Pool Rules

1. All children ages 4 or 5 must be accompanied by an adult in the water. Children under 4 are not allowed to swim during open or family swim.
2. People are permitted in the pool area only when lifeguard is on duty.
3. Walk, do not run on the deck.
4. No wrestling, horseplay, punching, dunking, splashing, or pulling others into the pool.
5. Diving masks and snorkels are not permitted for use while swimming.
6. 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.
7. It's mandatory that all persons take a shower before entering the pool.
8. 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.
9. No glass containers or metal objects permitted in pool area.
10. 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.
11. No food or drinks permitted in the pool area.
12. Use of obscene or abusive language will be grounds for ejection from the pool.
13. No smoking permitted in pool area.
14. Any one suspected of being under the influence of drugs or alcohol shall be prohibited from entering the pool area.
15. Disrobing is only allowed in the locker room.
16. No sitting on or holding the lane lines.
17. Bathing caps are required for all persons with hair that reaches below their chin.
18. Spitting out water or blowing nose in water is prohibited.
19. Chewing gum in the water is prohibited.
20. Members must have an appropriate bathing suit, towel and membership card to be allowed in the pool.
21. One long blast whistle, everyone must sit on the side of the pool.
22. Emergency equipment is for lifeguard use only.
23. Only those individuals with blue wristbands are allowed in the deep end of the pool.
24. No playing or hanging on stairs or ladders.
25. All children ages 4 or 5 must be accompanied by an adult in the water. Children under 4 are not allowed to swim during open or family swim.
26. 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.
27. All children in diapers must wear plastic pant with snug fitting elastic waist and leg bands.
28. 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.
29. No animals, except for service animals shall be allowed in swimming pool, dressing rooms, or other parts of the enclosure.
30. 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		11:30-12				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. 9- Nov. 13 from 8-9 p.m. There is NO Evening Adult Lap Swim from Nov. 14- Feb. 13 due to HS swim team season. Evening Adult Lap Swim Resumes Feb. 16- June 25. 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 4, 2008
6:30-8:30p.m.**

(Registration for Mom-N-Tot & Adult Classes will start Aug. 5th @ Front Desk from 9-4 p.m.)

Registration Winter/Spring

**Saturday Only Registration
Monday, November 17, 2008
6:30 - 8:30 p.m.**

**Weekday classes
Monday, January 12, 2009
6:30 - 8:30 p.m.**