

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

Table of Contents

Membership & Activity Fees	1
Staff Phone Numbers	1
Club Closing Dates	2
Refund Policy	2
Swim Lesson Level Descriptions	2
Registration Information	2
Swim Lessons Schedule for ages 4-5	3
Swim Lessons Schedule for ages 6-17	4
Youth Stroke Clinic & Polar Bear Club	5
Mom-N-Tot	5
Youth Recreational Swims	6
Family Membership Swims	6
Summer Swim Lessons Schedule	6
Lifeguard Course	7
Get Ready Program for High School swimmers	7
Pool Rental/ Birthday Party Information	7
Seahawks Swim Team information	8-9
Seahawks Spring & Summer Swim Team	10
Seahawks Pre-Summer Swim Clinic	10
Seahawks Summer Swim Tech Camp	10
Adult Swim Lessons & Adult/Senior Lap Swim	11
Adult Water Exercise & Arthritis Program	12
Pool Rules	13
Frequently Asked Questions	14
Aquatics Program "At-A-Glance" Grid	15

Activities and Fees

(Prices do not include membership and are **subject to change**- please see chart to left)

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 5	\$60 per session plus youth membership	5
Polar Bear Club Prerequisite: passed Level 5	\$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	\$210 plus youth membership	7
Seahawks Swim Team (Sept. – March)	\$675 plus youth membership	8-9
Spring Swim Team (April – June)	\$125 plus youth membership	10
Seahawks Swim Clinic	\$85 plus youth membership	10
Summer Swim Team	\$125 plus youth membership	10
Summer Swim Tech Camp	\$85 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: Anna Abakumova
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

Guppies- 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

Front and back float, kick and arm movements introduced. Blow bubbles submerging face in water.

Level II – Fundamental Aquatic Skills

Back and front float and glide. Swim on freestyle and backstroke unassisted 15 yards. Jump into pool and swim.

Level III – Stroke Development

Swim freestyle with rotary breathing 25 yards. Swim backstroke and elementary backstroke 25 yards. Butterfly kick and scissor kick introduced. Tread water. Dive from kneeling position.

Level IV – Stroke Improvement

Freestyle with rotary breathing 25 yards. Backstroke and elementary backstroke 25 yards. Sidestroke, breaststroke and butterfly 15 yards.

Level V – Stroke Refinement

Freestyle, backstroke and elementary backstroke 50 yards. Butterfly, breaststroke and sidestroke 25 yards. Treading water 5 minutes. Dive.

Level VI – Stroke Refinement

Free and backstroke 100 yards. Sidestroke, breaststroke and butterfly 50 yards. Tread water. Standing dive and flip turns for freestyle and backstroke. Refine strokes & work on 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. Guppies 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 2011-2012

Thanksgiving:	November 24 th – 27 th
Christmas:	December 24 th – 27 th
New Year's:	December 31 st – Jan. 2 nd
President's Day:	February 20 th
Easter:	April 6 th – 8 th
Memorial Day:	May 28 th
Club Closed:	June 25 th – June 29 th
Club Closed:	August 25 th – September 3 rd

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 the Guppies class. 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**.

2011-2012 Registration Dates*

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

Fall swim classes (Sept. – Nov.)	Aug. 8, 2011
Winter/Spring (Sat. Only: Jan-June)	Nov. 21, 2011
Winter/Spring (Weekdays: Feb.-June)	Jan. 9, 2012
Summer Classes (July & August)	May 21, 2012
Fall swim classes 2011	Aug. 6, 2012

Registrations take place on the dates listed below in the Bingo Hall from 6:30 p.m. -8:00 p.m.**

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

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.

****If you miss or cannot attend the registration, you may sign up starting the day after registration at the front desk for whatever space is left.**

SWIM LESSONS SCHEDULE for 4 & 5 YEAR-OLDS

Fee: \$60 per session plus youth membership (see page 1)* prices subject to change

A series of lessons designed to teach children ages 4 & 5 years old water adjustment and beginner stroke skills to overcome the natural fear of water. 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: **Guppies classes:** water exploration/ adjustment, blow bubbles, floating, gliding, kicking, beginner stroke

MONDAY & WEDNESDAY/ TUESDAY & THURSDAY CLASSES

Registration for Sessions I & II: Monday, August 8, 2011 from 6:30 p.m.- 8:00 p.m. in the Bingo Hall.

*Please read Registration Information on page 2.

Session I: Monday & Wednesday- Sept. 7 – Oct. 10
Tuesday & Thursday- Sept. 6 – Oct. 6

Session II: Monday & Wednesday- Oct. 17 – Nov. 16
Tuesday & Thursday- Oct. 11 – Nov. 10

Registration for Sessions III, IV, V & VI: Monday, Jan. 9, 2012 from 6:30 p.m.- 8:00 p.m. in the Bingo Hall.

*Please read Registration Information on page 2.

Session III: Monday & Wednesday- Jan. 30 – March 5
No class 2/20 Tuesday & Thursday- Jan. 31 – March 1

Session V: Monday & Wednesday- April 16 – May 16
Tuesday & Thursday- April 17 – May 17

Session IV: Monday & Wednesday- Mar. 12 – Apr. 11
Tuesday & Thursday- Mar. 8 – Apr. 10

Session VI: Monday & Wednesday- May 23 – June 27
No class 5/28 Tuesday & Thursday- May 24 – June 26

Monday & Wednesday Classes & Times

Guppies: 4:00-4:30; 5:30-6:00 or 6:15-6:45

Tuesday & Thursday Classes & Times

Guppies: 5:30-6:00 or 6:15-6:45

FRIDAY ONLY & SATURDAY ONLY CLASSES

THE FIRST DAY OF ALL REGISTRATIONS TAKE PLACE IN THE BINGO HALL FROM 6:30 P.M. – 8:00 P.M. IF YOU MISS THE REGISTRATION, YOU MAY SIGN UP AT THE FRONT DESK STARTING THE DAY AFTER REGISTRATION.

*Please read Registration Information on page 2.

Registration for Sessions I- Friday OR Saturday ONLY classes-

Monday, August 8, 2011

Registration for Sessions III & V- SATURDAY ONLY classes-

Monday, November 21, 2011

Registration for Sessions III & V- FRIDAY ONLY classes-

Monday, January 9, 2012

Session I: Friday Only- Sept.9 – Nov. 11
No class 11/5 Saturday Only- Sept. 10 – Nov. 19

Session V: Friday Only- April 13 – June 15
No class 4/7 or 5/26 Saturday Only- March 24 – June 9

Session III: Friday Only- Jan. 27 – March 30
Saturday Only- Jan. 7 – March 10

Friday Only Classes & Times

Guppies: 3:45-4:15; 5:30-6:00 or 6:15-6:45

Saturday Only Classes & Times

Guppies: 10:00-10:30; 10:30-11:00; 11:15-11:45 or 11:45-12:15

SWIM LESSONS SCHEDULE for AGES 6 & OLDER

(Children ages 4 & 5 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)* prices subject to change

MONDAY & WEDNESDAY/ TUESDAY & THURSDAY CLASSES

Registration for Sessions I & II: Monday, August 8, 2011 from 6:30 p.m.- 8:00 p.m. in the Bingo Hall.

*Please read Registration Information on page 2.

Session I: Monday & Wednesday- Sept. 7 – Oct. 10
Tuesday & Thursday- Sept. 6 – Oct. 6

Session II: Monday & Wednesday- Oct. 17 – Nov. 16
Tuesday & Thursday- Oct. 11 – Nov. 10

Registration for Sessions III, IV, V & VI: Monday, Jan. 9, 2012 from 6:30 p.m.- 8:00 p.m. in the Bingo Hall.

*Please read Registration Information on page 2.

Session III: Monday & Wednesday- Jan. 30 – March 5
No class 2/20 Tuesday & Thursday- Jan. 31 – March 1

Session V: Monday & Wednesday- Apr. 16 – May 16
Tuesday & Thursday- Apr. 17 – May 17

Session IV: Monday & Wednesday- Mar. 12 – Apr. 11
Tuesday & Thursday- Mar. 8 – Apr. 10

Session VI: Monday & Wednesday- May 23 – June 27
No class 5/28 Tuesday & Thursday- May 24 – June 26

Monday & Wednesday Classes & Times

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

Tuesday & Thursday Classes & Times

Level 1: 3:45 - 4:25 OR 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 5

FRIDAY ONLY & SATURDAY ONLY CLASSES

THE FIRST DAY OF ALL REGISTRATIONS TAKE PLACE IN THE BINGO HALL FROM 6:30 P.M. – 8:00 P.M. IF YOU MISS THE REGISTRATION, YOU MAY SIGN UP AT THE FRONT DESK STARTING THE DAY AFTER REGISTRATION.

*Please read Registration Information on page 2.

Registration for Sessions I- Friday OR Saturday ONLY classes-

Monday, August 8, 2011

Registration for Sessions III & V- SATURDAY ONLY classes-

Monday, November 21, 2011

Registration for Sessions III & V- FRIDAY ONLY classes-

Monday, January 9, 2012

Session I: Friday Only- Sept.9 – Nov. 11
No class 11/5 Saturday Only- Sept. 10 – Nov. 19

Session V: Friday Only- April 13 – June 27
No class 4/7 or 5/26 Saturday Only- March 24 – June 9

Session III: Friday Only- Jan. 27 – March 30
Saturday Only- Jan. 7 – March 10

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 5

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 5 or have equivalent swimming abilities.

Classes: 10 classes per session, 40 minutes per class

Sessions: I: September 6 – October 6 III: January 31 – March 1 V: April 17 – May 17
II: October 11 – November 10 IV: March 8 – April 10 VI: May 24 – June 26

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

Fee: \$60.00 plus Youth Membership (see page 1 for membership info)* prices subject to change

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 5 or have equivalent swimming abilities.

Classes: 10 classes per session, 40 minutes per class

Weekday Sessions: I. September 7 – October 10 III. Jan. 30- March 5** V. April 16 – May 16
II. October 17 – November 16 IV. March 12 – April 11 VI. May 23 – June 27

****Note to parents:** No class on Feb. 20

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

Saturday ONLY Sess.: I. Sept. 10 – Nov. 19* III. Jan. 7 – Mar. 10 V. Mar. 24 – June 9**

Note to Parents: * No class Nov. 5

**No class 4/7 or 5/26

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

Fee: \$60.00 plus Youth Membership (see page 1 for membership info) *prices subject to change

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.

****NOTE: Tuesday & Thursday sessions are TWO days per week**

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

Registrations: Sess I: ongoing at front desk after Tuesday, August 9

Sess III & V- SATURDAY ONLY: ongoing at front desk after Tuesday, November 21, 2011

Sess. III & V- TUES & THURS CLASSES: ongoing at front desk after Tuesday, January 9, 2012

Saturday Sessions: I: Sept. 10 – Nov. 19 No class 11/5 **Tuesday & Thursday Sessions: I:** Sept. 6- Oct. 6

II: Jan. 7 – March 10

II: Oct. 11- Nov. 10

III: Nov. 15 – Dec. 15

III: Mar. 24 – June 9 No class 4/7 or 5/26

IV: Jan 31 – March 1

V: Mar. 8 – Apr. 10

VI: Apr. 17 – May 17

VII: May 24 – June 26

Times: Saturdays 1- 1:30 p.m. OR Tues & Thurs 11:45-12:15 p.m.

Fee: \$60.00 per session plus 1 adult membership required (see page 1 for membership info)*subject to change

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 13 – November 11 and February 14 – June 22

Note: Youth swim is postponed between November 15 – February 12 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.

FAMILY SWIM FOR YOUTH & ADULT MEMBERS:

Youth members may bring a parent or guardian during the Family Swim for FREE.

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. 17 - June 17: Saturday 2:00-4:00 p.m. & Sunday 1:00-3:00 p.m.

July 3 - August 22: Tuesday & Wednesday: 7-8:30 p.m. (CLUB CLOSED 7/5)

***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 runs for 2 weeks Monday-Friday (10 classes)

Level classes (ages 6-17) are 40 minutes per class with 10 students.

Guppies 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: May 21 from 6:30 – 8:00 p.m. in the Bingo Hall

Fee: \$60 plus youth membership (see page 1) *prices subject to change

CLASS DATES, TIMES & LEVELS

Session I 7/2 – 7/13 No class 7/4 **Session II** 7/16 – 7/27 **Session III** 7/30 – 8/10 **Session IV** 8/13 – 8/24

Level Class Schedule (Ages 6-17)

9:00AM-9:40AM	Level 1, 2, 3
9:45AM-10:25AM	Level 1, 2, 3, 4
10:30AM-11:10AM	Level 1, 2, 4
11:15AM-11:55AM	Level 2, 3, 6
12:00PM-12:40 PM	Level 2, 4, 5

Guppies Class Schedule (Ages 4 & 5)

9:00 AM – 9:30 AM
10:30 AM – 11:00 AM
11:15 AM – 11:45 AM
12:15 PM – 12:45 PM

***LIMITED! EVENING SWIM CLASSES : 7/3-8/2 Tues. & Thurs. 6:05 pm-6:45 pm- Levels 1,2,3,4**

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 15 – NOVEMBER 10, 2011
Ages: HIGH SCHOOL
Days: TUESDAY & THURSDAY
Time: 8:00-9:00 p.m.
Fee: \$60.00/ PLUS YOUTH MEMBERSHIP (see pg 1) *prices subject to change

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: November/December (dates TBA) and April/ May (dates TBA)
Fee: \$210.00 plus youth membership (\$35)
Registration: Friday, October 21 and Thursday, March 22 **Time:** 6 – 7 p.m. in Aquatics Office

POOL RENTALS/ BIRTHDAY PARTIES

ARE YOU LOOKING FOR A NEW, FUN & SAFE PLACE TO HAVE YOUR CHILD'S NEXT BIRTHDAY PARTY??

The Club Pool is 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 Agreement.

*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

Rental includes 1 hour of exclusive use of the pool with 2 lifeguards and 1 hour in a party room.

Bring food and decorations of your choice.

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) *subject to change

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

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

Pool Parties

Our club swimming pool & party room is available to groups and families

For info,
call Aquatics Dept.
973-773-2697
ext. 31

25 Kids
\$225



Boys & Girls Club
of Clifton

“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 USA Swim 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, Eastern Zone Age Group Championship.

Our season runs September through March (Fall/Winter), April through June (Spring) and July through August (Summer). 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.

Silver: 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.

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

Little Seahawks: 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) *prices subject to change



Seahawks Swim Team Season begins September 13- March 30

We cannot guarantee a space on the team if you are not registered by Sept. 12.

NEW SWIMMERS:

Team Tryouts for new swimmers will be held by appointment ONLY from July 6- Sept 12. (Club closed 8/27-9/5)
Call for an appointment for date and time at 973-773-2697 ext 31.

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

*Parents Orientation meeting for NEW swimmers is Tue, Sept. 13 at 6:00 p.m. in the Teen Center.

REGISTRATION:

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.

Registration will be held in the Aquatics Office from 7/11 – 8/26 & 9/6-9/9

Last day of registration for all swimmers is Sept. 12, 6:00 – 8:00 p.m. in Pool Classroom.

*If you need a payment plan, talk to Nadia regarding details.

Please read and print out the Swim Team application and policies on our website at www.cliftonseahawks.org. You cannot register without this information.

PARENT'S PARTICIPATION REQUIREMENTS:

Parents must volunteer for:

- Two dual meets (1 shift per meet/child). Failure to complete this obligation will result in a **\$100 fine per meet**.
- To be a timer for every USAS meet as needed
- Autumn Cup -2-day meet (1 shift (appr. 4 hours) per child per day)

In order to sign up, you must do so on the website www.signupgenius.com. (further info given through email)

FUNDRAISERS: Swim Marathon (minimum \$20); Case of water or Gatorade; FL Nationals Championship & Lottery Raffle. See the *Seahawks Agreement* for more information.

TEAM FEES:

\$400 plus child membership (\$35) initial payment is due upon registration. (minus \$10 for boys)

\$275 balance **must** be made by Nov. 1 unless on payment plan.

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

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

Total Swim Team Fees: \$675 (1st child); \$650 (2nd child); \$625 (3rd child)

Fees include USAS fees, team uniform (suit & cap), team picture & end-of-season party.

GROUP PRACTICE SCHEDULE:

Little Seahawks:	Tuesday & Thursday 5:30-6:30 p.m.
Bronze:	Mon., Wed., & Fri 5:30-6:30 p.m.
Silver:	Monday - Friday 6:30-8:00 p.m.
Gold/JO's:	Monday - Friday 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.**

“SEAHAWKS” SPRING SWIM TEAM

SWIM TEAM REQUIREMENTS:

SEAHAWKS SPRING SWIM TEAM IS OPEN TO ALL SWIMMERS WHO SWIM AT LEVEL 4 OR ABOVE SKILL. GROUP PLACEMENT DECIDED BY COACH. New swimmers must try-out. **For appt. call 973-773-2697 ext 31.**

GROUP PRACTICE SCHEDULE:

Little Seahawks: Tues & Thurs. 5:30-6:30p.m. DATES: April 16 - June 29
Bronze: Mon., Wed. & Fri. 5:30- 6:30p.m. REGISTRATION: starting Feb. 13 at Front Desk
Silver: Mon. - Fri. 6:30-8:00 p.m. FEE: \$125 plus Youth Membership (\$35)* subject to change
Gold/Jo's: Mon. – Fri. 5:30 – 8:00 p.m. *\$20 extra for those qualified and willing to attend swim meets.

SEAHAWKS 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 25 - June 29 (Mon-Fri) 9:00 a.m. – 12:00 p.m.

Fee: \$85 plus youth membership (\$35) *subject to change

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: \$85 per week 1st child and \$78 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 2 - 6	Freestyle	Week 5: July 30 – Aug. 3	Starts & Turns
Week 2: July 9 - 13	Backstroke	Week 6: Aug. 6 - 10	Freestyle/Backstroke
Week 3: July 16 - 20	Butterfly	Week 7: Aug. 13 - 17	Breaststroke/Butterfly
Week 4: July 23 - 27	Breaststroke	Week 8: Aug. 20 - 24	Starts & Turns

SUMMER SWIM TEAM

SWIM TEAM REQUIREMENT: SEAHAWKS SUMMER SWIM TEAM IS OPEN TO ALL SWIMMERS WHO SWIM AT LEVEL 4 OR ABOVE SKILL. ALL NEW SWIMMERS MUST TRYOUT WITH SWIM COACH ANNA. For ages 6-17

This program will help current swim team members continue their progression and endurance. This will also help new swim team members increase their endurance, improve stroke techniques and allow you to be part of a competitive environment.

Dates & Times: July 2 – August 24 (Monday – Friday) 4:30 pm – 6:00 pm

Fee: \$125.00 plus youth membership (\$35.00) *subject to change

LONG-COURSE SUMMER - Open for swimmers with gold and silver time standards with Anna's recommendation

Registration: In Aquatics Office with Anna

Dates: June 25 – August 17 **Time:** Mon - Fri 3:30 - 6 pm (subject to change)

Fees: \$125 plus youth membership (\$35.00) *subject to change

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 12 – October 13**

Session II- October 17 – November 17

Session III- January 16 – February 16

Session IV- February 27 – March 29

Session V- April 5 – May 7

Session VI- May 14 - June 21*

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

*No Class May 21 & May 28

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) *prices subject to change*

ADULT/SENIOR LAP SWIMS

A great opportunity for adults & seniors to practice their swimming skills and improve upon your fitness/endurance levels. **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.

**** Club will be closed/ No lap swim: August 29 - September 5, 2011****

Morning Hours: New EXTENDED HOURS Sept 6, 2011 – June 29, 2012				
Monday	Tuesday	Wednesday	Thursday	Friday
6:15-1 pm	6:15-1 pm	6:15-1 pm	6:15-1 pm	6:15-1 pm

Evening Hours: Sept. 12- Nov. 10, 2011 & Feb. 13- June 22, 2012*			
Monday	Tuesday	Wednesday	Thursday
8:00-9:00 pm	8:00-9:00 pm	8:00-9:00 pm	8:00-9:00 pm

**Due to swim team obligations, there are no evening adult lap swims from November 15- February 10 and evening hours are discontinued during the Summer (July & August).*

Weekend Hours: Sept. 17- June 17, 2012**	
Saturday	Sunday
1:00-2:00 pm* deep end only	10:00-12:00 am* whole pool available

****Due to swim meets, weekend lap swim hours are subject to cancellation. Please check postings or call.**

Summer Hours: July 2, 2012 – August 24, 2012***				
Monday	Tuesday	Wednesday	Thursday	Friday
6-8:45 am	6-8:45 am	6-8:45 am	6-8:45 am	6-8:45 am

*****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 *prices subject to change

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

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

EARLY MORNING WATER EXERCISE PROGRAM

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:

Dates: ongoing from Sept. – June

Times: Tuesday & Thursday 6:45 a.m. – 7:30 a.m.

Session: 45 minutes/class

Fees: Included with Adult Membership and Adult Lap Swim fees (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. 12 – Oct. 13 Sess. IV: Apr. 2– May 3
 Sess. II: Oct. 17 – Nov. 17 Sess. V: May 7 – June 11*
 Sess. III: Feb. 27 – March 29 *No class May 28

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

Fee: \$60.00 plus adult membership (see page 1 for membership info)* price subject to change

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. How do I know what level to register my child?

We offer complimentary swim assessments by appointment. Please call the Aquatics office at 973-773-2697 ext 31 or 35 to set up a time that is convenient for you.

2. 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**, when available, 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.

3. 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.

4. 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.

5. 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.

6. 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.

7. 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.

8. 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.

9. 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 p.m.			7-7:45 p.m.			
Mom-N-Tot Class		11:45-12:15 p.m.		11:45-12:15 p.m.		1-1:30 p.m.	
Early Morning Water Exercise	6:45-7:30 a.m.			6:45-7:30 a.m.			
WET Program	11-11:45			11-11:45			
Adult Lap Swim	6:15-1p.m. *8-9 p.m.	6:15-1p.m. *8-9 p.m.	6:15-1p.m. *8-9 p.m.	6:15-1p.m. *8-9 p.m.	6:15-1p.m.	*1-2 p.m.	*10-12 p.m.
Youth Open Swim (Ages 6-17- no adults)		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. 12- Nov. 10 from 8-9 p.m. There is NO Evening Adult Lap Swim from Nov. 15- Feb. 10 due to HS swim team season. Evening Adult Lap Swim Resumes Feb. 13- June 22. 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 8, 2011
6:30-8:00p.m.**

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

Registration Winter/Spring

**Saturday Only Registration
Monday, November 21, 2011
6:30 - 8:00 p.m.**

**Weekday classes
Monday, January 9, 2012
6:30 - 8:00 p.m.**