

Summer Swim Tech Camp (Mon-Fri @ 9:00 am-12:00 pm)

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 instructional videos and condition exercises. This camp is perfect for the competitive swimmer. Each day consist of 3 hours.

DRY LAND in the GYM 9:00-10:00a.m. Includes running, weight training & intense cardio. Come in your gym clothes and sneakers and meet the coach in the gym.

VIDEO 10:00-11:00a.m.

STROKE DEVELOPMENT IN POOL 11:00-12:00p.m.

Prerequisite: Must have completed Level 6 in swim lessons, swim all 4 strokes that are acceptable for swim team and must be able to do a flip turn in the water. Proper recommendation from head coach required.

Time & Days: Daily (Mon.-Fri.) from 9:00a.m. - 12:00p.m. For ages 8 & up

Fees: &85 per week 1st child and \$78 each additional child in same household plus Membership. Must sign up BEFORE the week starts.

Registration: Ongoing from March 25 in Aquatics office. Space limited to 20 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

Summer Swim Team

SWIM TEAM REQUIREMENT: Seahawks Summer Swim Team is open to ALL swimmers who can swim all 4 strokes. 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.

Registration: Ongoing from March 25 in Aquatics Office.

Dates & Times: June 30-August 22 (Monday-Friday) **New swimmers:** 4:30-5:30p.m.

Returning swimmers: 5:30-6:45p.m.

FEE: \$125 plus Youth Membership (\$40) * subject to change

Camp Clifton Swim Lessons-Registration Monday, May 19th

Registration is ONLINE. Must be a member ONE WEEK prior to May 19th. You WILL NOT be allowed to register if your child's membership is not up to date. You may only sign your child up for one session at a time. Membership cost - \$40.00 & Swim lesson cost - \$65.00 Offering (4) 2 week sessions Monday - Friday. NOTE: If check is returned, your child will be removed from swim class and you will be charged a \$25 return check fee.



6 Levels of progression

Level I - Water Exploration Level III - Stroke Readiness Level V - Stroke Refinement
 Level II - Primary Skills Level IV - Stroke Development Level VI - Skills Proficiency

Class Schedule, Times and Levels (lessons are 40 minutes - Guppies lessons 30 minutes)

Session I: 6/30-7/11(NO class 7/4) Session II: 7/14-7/25 Session III: 7/28-8/8 Session IV: 8/11-8/22

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

***LIMITED! EVENING SWIM CLASSES : 7/1-7/31** Tues. & Thurs. 6:05 pm-6:45 pm- Levels 1, 2, 3, 4

****FAMILY SWIM IS HELD on Tues & Wed 7-8:30 PM for CURRENT MEMBERS & PARENTS ONLY. July 1-August 20. CHILDREN UNDER 4 NOT ALLOWED IN POOL. Ages 4-5 must have parent in the water with them. NO EXCEPTIONS. Bathing caps \$3 (must be worn at all times). Goggles \$6. All patrons must wear appropriate bathing suit. No basketball shorts allowed.**

AQUA ZUMBA!

THE CLUB IS NOW OFFERING ZUMBA CLASSES IN THE WATER! DOING EXERCISE IN THE WATER HELPS RELIEVE STRESS ON JOINTS AND KEEPS YOU FROM OVERHEATING

Each session is 10 classes/ 45min each

DAYS & DATES: TBD

Cost: \$60 plus adult membership (\$60)

SIGN UP AT THE FRONT DESK!



Arthritis Foundation's Water Exercise Program

Presented by The Arthritis Foundation New Jersey Chapter and the Boys & Girls Club of Clifton in cooperation with the North Jersey Regional Arthritis Center (NJRAC)

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.

MONDAY & THURSDAY SESSIONS: 11:00-11:45am

SESSION VI: June 12 - June 26 (11:00-11:45am)

DAY/TIME CHANGE

June 30 - July 14

MON. & WED. 6:10-6:55pm

SUMMER I: MON. & WED.

6:10-6:55pm

July 16-August 18

FEE: \$60.00 per session plus adult membership