

SPECIALITY PROGRAMS

Swim Stroke Clinic is designed for swimmers who want to excel in competition. Clinics focus on improving technique in each of the four competitive strokes – butterfly, backstroke, breaststroke and freestyle. Clinic coaches will evaluate each swimmer to ensure readiness for the program. The program utilizes a series of drills to breakdown and re-builds each swimmer's strokes, starts, turns and finishes. In addition, swimmers will learn the rules and regulations governing competitive swimming.

90-MINUTE STROKE CLINIC

- *Offered to children who graduate from level 4 up
- *Must demonstrate knowledge of backstroke, Freestyle and breaststroke
- *8:1 student to instructor ratio
- *Each clinic meets for 90 minutes; 20 minutes dry Land and 70 minutes in-water swimming

Fall Stroke Clinic Tuition – 15 Weeks

1X Week – Member \$555 / Non-Member \$630

SWIM TEAM

- *Ability to perform all four strokes legally. Must demonstrate turns and finishes for all four strokes, and use them during practice
- *Must show ability to follow instructions and work well with teammates and coaches
- *Each practice meets for 120 minutes: 30minutes dry land and 90 minutes in-water swimming

Swim Team Tuition – 15 weeks (120 min. class)

1X Week – Member \$555 / Non-Member \$630

ADULT SWIM

- *Each class meets for 30 minutes
 - * 4:1 student to instructor ratio
 - *Beginner and intermediate levels
- This program provides opportunities for adults to build confidence and achieve success in swimming at all skill levels through a variety of programs.



Adult Swim Lessons Tuition -15 weeks

1x Week – Member \$420/ Non-Member \$495

For additional information regarding FVF

Swim School please contact:

Princeton Forrestal Village Fitness

121 Main Street

Princeton, NJ 08540

Phone: 609-514-0500

www.fvfitness.com

**AQUATICS
SWIM
SCHOOL**



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SWIM
SCHOOL**



**FALL SESSION
2016**

**SEPTEMBER 7TH – DECEMBER 21ST
15 WEEKS PROGRAM**

**AQUATICS
SWIM
SCHOOL**



OUR PROGRAMS

- *A safe, patient and fun approach
- *No membership required (save \$ as member)
- *As annual registration fee of \$50 is required for non-members
- *Small group instruction maximizes the personal attention each child receives
- *Students are placed in classes that match their skill level
- *Group Lessons are offered 7 days/week, after school hours
- *Pool heated to over 92 degrees
- *Full size lap pool with diving blocks for advance swimmers
- *24 hour cancellation policy applies to private lessons only
- *Special 10% sibling discount available
- *Two make-up lessons are available during the Fall Session

Pool Hours

Mon-Fri 5am-10:30pm
Sat-Sun 7am-6:30pm

Pool Office Hours

Monday & Wednesday 5pm-8pm

Family Swim Hours

Mon - Fri 12pm - 3pm
Friday 7pm - 8pm

Members complimentary

Non-Members \$7.00 per swimmer

Saturday 4pm - 5:30pm

Members only

PARENT CHILD SWIM

- *8:1 student to instructor ratio
- *No evaluation required
- *Each class meets for 30 minutes

All Classes utilize songs and games to assist with water acclimation and to introduce safety and locomotion skills.

ANGEL FISH - 6 to 36 months

Children must have head and neck control

Saturday 10:00am-10:30am

With Swim Instructor Kevin

Fall Session Parent/Child Tuition - 15 Weeks

1 x Week - Member \$225 / Non-Member \$315



GROUP LESSONS

- *3:1 Student to instructor ratio
- Level 1 - Seahorse (pre-school program)
- Level 1 - Yellow (big kid program)
- *4:1 Student to instructor ratio
- Level 2 and up
- *Each class meets for 30 minutes

Fall Session Group Lessons Tuition - 15 Weeks

1 x Week - Member \$345 / Non-Member \$420

SWIM LEVELS

Preschool Program

AGES 3 TO 5

Level 1 - Seahorse
Level 2 - Dolphin
Level 3 - Koi

Big Kid Program

AGES 6 TO 12

Level 1 - Yellow	Level 5 - Pink
Level 2 - Dark Blue	Level 6 - Purple
Level 3 - Orange	Level 7 - Red
Level 4 - Green	

