

Adult & Teen Swim

13+ years

Adult Lessons (13+)

This course teaches beginners water adjustment, safety, and basic swimming skills. Advanced adults are instructed on improving and developing their swimming abilities through stroke techniques and endurance training. No prerequisites.

Session I: June 25 - July 16

Session II: July 23 - August 13

Monday 6:45-7:30 pm

4 classes \$83 members, \$124 non-members

Swim Endurance Training (13+)

This class is for people looking to increase their strength and endurance. The teen program is perfect if you are training to become a lifeguard, practicing for a swim team or adding to your fitness routine. The adult program is perfect if you are a triathlete in training.

Swim Endurance Training will be available Fall 2018

Additional Teen classes are available:
Springboard Diving • In-House Swim Team



Policies & Procedures

How To Register: In person at the Recreation Center or online at ridgefieldparksandrec.org.

Waitlist: Waitlist requests are filled on a first come, first served basis with priority given to waitlisted students who have not registered for another lesson. Please note that your waitlist reservation is for the level requested and not a specific day/time.

Transfer Requests: All transfer requests are subject to approval by the Aquatics staff and must be requested and processed by the end of the first week of lessons (June 23, 2018).

Refund Policy:

- Refund requests made one week prior to the beginning of the course will be honored with a small administrative deduction (\$25).
- Refund requests made after the start of the session will not be honored, unless verified by the doctor's note and the balance will be put on Account.
- Aquatic programs are not eligible for prorated status.
- If Parks and Recreation closes pool or building, a make-up class will be available at the end of that session.

Age: Participants must turn the minimum age required for the lesson level by June 23, 2018

Closures: Please be advised that the pool may be closed for your safety, due to weather or maintenance related concerns. We make every effort to make-up classes affected by weather/maintenance closures. Therefore, there are no refunds for these closures.



American Red Cross Programs

Member Registration Begins: Thursday, June 7 @ 8:00 am
Open Registration Begins: Monday, June 11 @ 9:00 am

Parent & Child Aquatics

6 months - 48 months



This course helps young children develop a comfort in and around the water, fostering a readiness to swim using songs and games. This course does not teach children to be accomplished swimmers or to survive in the water. All children must follow the "3 Layers of Protection" guidelines posted in the pool which requires children to wear a swim diaper and tight-fitting swim diaper cover under their bathing suit. Children must be registered in the appropriate age group and parent must accompany child in the pool. Level One must be completed and passed to register for Level Two.

Preschool Aquatics

4 - 5 years

Children are introduced to the aquatic area, learn safety, and begin building skills for stroke development. Children will be taught at their level of development and ability providing a positive learning experience.

Learn to Swim

6 - 12 years



The six levels help swimmers of all ages and varying abilities develop swimming and water safety skills. Gives children a positive learning experience by introducing skills in a logical progression.

Please Note: Not all levels are offered each session

5 Days a Week for 2 weeks

Monday - Friday

Session I:

July 9 - July 20

Time	Levels Offered
9:00-9:30 am	Preschool 1, Learn to Swim 3
9:30-10:00 am	Preschool 3, Learn to Swim 1
10 classes	\$178 members, \$266 non-members



Session II:

July 23 - August 3

Time	Levels Offered
9:00-9:30 am	Preschool 2, Learn to Swim 2
9:30-10:00 am	Learn to Swim 1, Learn to Swim 3
10 classes	\$178 members, \$266 non-members



Session III:

August 6 - August 17

Time	Levels Offered
9:00-9:30 am	Learn to Swim 2, Learn to Swim 3
9:30-10:00 am	Preschool 3
9:30-10:15 am	Learn to Swim 4
10 classes	\$178 members, \$266 non-members



4 Days a Week for 1 week

Monday, Tuesday, Thursday & Friday

July 2 - July 6 (no class 7/4)

Time	Levels Offered
9:00-9:30 am	Preschool 1, Learn to Swim 2
9:30-10:00 am	Learn to Swim 1, Learn to Swim 3
4 classes	\$73 members, \$108 non-members



2 Days a Week for 4 weeks

Tuesday & Thursday

July 3 - July 26

Time	Levels Offered
1:30-2:00 pm	Preschool 2
2:00-2:30 pm	Learn to Swim 2
2:30-3:00 pm	Preschool 1
8 classes	\$143 members, \$213 non-members



1 Day a Week for 4 weeks

Saturday

Session I:

June 23 - July 14

Time	Levels Offered
9:00-9:30 am	PACA (6-20 months) Learn to Swim 2
9:35-10:05 am	PACA (21-48 months) Learn to Swim 1
10:10-10:40 am	Preschool 3
10:10-10:55 am	Learn to Swim 4
10:45-11:15 am	Preschool 3
11:00-11:30 am	Learn to Swim 3
11:20-11:50 am	Preschool 2
11:35-12:05 pm	Learn to Swim 2
4 classes	\$73 members \$108 non-members

Session II:

July 21 - August 11

Time	Levels Offered
9:00-9:30 am	PACA (6-20 months) Preschool 1
9:35-10:05 am	PACA (21-48 months) Learn to Swim 2
10:10-10:40 am	Preschool 3
10:10-10:55 am	Learn to Swim 4
10:45-11:15 am	Preschool 2
11:00-11:30 am	Learn to Swim 3
11:20-11:50 am	Learn to Swim 1
11:35-12:05 pm	Preschool 3
4 classes	\$73 members \$108 non-members