

# SPECIALTY PROGRAMS

## SWIM TEAM

- ❖ Must demonstrate knowledge of the four competitive strokes.
- ❖ Each class meets for two hours, 1 hr on dryland and 1 hr swimming.

This program focuses on refining all four strokes and endurance level of each swimmer. Drill sets and interval training will be used.

### Winter Session Tuition (12 weeks)

	Mbr	Non-Mbr
2 x Week	\$720	\$840
3 x Week	\$900	\$1,080

### Spring Session Tuition (9 weeks)

	Mbr	Non-Mbr
2 x Week	\$540	\$630
3 x Week	\$675	\$810

## SWIM MEET

Supervised by CAN DO's nationally certified swim instructors, this event will challenge your skills in different strokes. Must be able to swim at least 25 yards to participate in this event. Bring a swimsuit. Open to ages 5 - 15 years old.

PRIZES AWARDED TO TOP 4 FINISHERS OF EACH EVENT.

Date: Saturday, February 26  
Saturday, May 21

Time: 12:00 PM - 4:00 PM

### Requirements:

- ❖ Already on our swim team course.
- ❖ Officially on another swim team.
- ❖ Already taking lessons in our lap pool.

Registration must be done with the Aquatics Manager, ext.448.

## SCHEDULE YOUR EVALUATION TODAY!

We are currently booking evaluations for our upcoming Season. Schedule your evaluation with the Aquatics Department today to reserve your spot.

For new students with some water experience Limit one (1) per person

## SWIM STROKE CLINIC

- ❖ A 7:1 student to instructor ratio
- ❖ Each class meets for 1 hour

Offered to children who graduate from level 3 and up. Must demonstrate knowledge of Backstroke and Freestyle. Program focuses in refining and developing all competitive strokes.

### Winter Session Tuition (12 weeks)

	Mbr	Non-Mbr
1 x Week	\$420	\$480
2 x Week	\$720	\$840

### Spring Session Tuition (9 weeks)

	Mbr	Non-Mbr
1 x Week	\$315	\$360
2 x Week	\$540	\$630

Aquatics Manager - Svetlana Barker  
sbarker@cando-online.com  
t 609.514.0500 ext. 448

### Club Hours

Mon-Fri.....5am-11pm  
Sat-Sun.....7am-7pm

### Pool Hours

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

### Child Care Hours

Mon-Fri.....7:30am-9pm  
Sat.....8am-3pm  
Sun.....8am-3pm



# AQUATICS SWIM SCHOOL

## WINTER/SPRING 2011 SEASON



**C A N D O**<sup>®</sup>  
FITNESS CLUBS

Princeton Forrestal Village  
121 Main Street  
Princeton, NJ 08540  
t 609.514.0500 ext. 448

[www.candofitness.com](http://www.candofitness.com)

## WINTER 2011

### Winter Session

January 03<sup>rd</sup> - March 21<sup>st</sup> (12 Weeks)

### Spring Session

March 28<sup>th</sup> - May 29<sup>th</sup> (9 Weeks)

## OUR PROGRAM

- ❖ A safe, patient and fun approach
- ❖ No membership required
- ❖ An annual registration fee of \$35.00 is required for non-members of CAN DO
- ❖ Small group instruction maximizes the personal attention each child receives
- ❖ Students are personally placed in a class that matches their skill level
- ❖ We offer a variety of class times to fit your schedule
- ❖ Pool heated to over 88° for beginner and younger swimmers
- ❖ Full size lap pool with diving blocks for advanced swimmers
- ❖ One make up lesson allowed per session
- ❖ 24 hour cancellation policy applies to private lessons only
- ❖ Special 10% sibling discounts offered

## PARENT CHILD SWIM

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

These classes utilize songs and games to assist with water acclimation and to introduce safety and locomotion skills

### ANGEL FISH (6 to 18 months)

(children must have head and neck control)

Wednesday	9:30AM -10:00AM
Saturday	10:00AM -10:30AM

### GOLDFISH (18 to 36 months)

Thursday	9:30AM -10:00AM
Saturday	10:30AM - 11:00AM

### Winter Session Tuition (12 weeks)

	Mbr	Non-Mbr
1 x Week	\$168	\$228
2 x Week	\$300	\$420

### Spring Session Tuition (9 weeks)

	Mbr	Non-Mbr
1 x Week	\$126	\$171
2 x Week	\$183	\$315



## GROUP LESSONS

- ❖ A 3:1 student to instructor ratio for Level 1 - Sea Horse and Level 1 - Yellow
- ❖ A 4:1 student to instructor ratio for Levels 2 and up
- ❖ An evaluation must be scheduled to determine class placement
- ❖ Each class meets for 30 minutes

### Ages 3-5

Level 1 - Sea Horse  
Level 2 - Dolphin  
Level 3 - Koi

### Ages 6 - 12

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

Classes available seven days a week at convenient times.

### Winter Session Tuition (12 weeks)

	Mbr	Non-Mbr
1 x Week	\$252	\$312
2 x Week	\$456	\$576

### Spring Session Tuition (9 weeks)

	Mbr	Non-Mbr
1 x Week	\$189	\$234
2 x Week	\$342	\$432