



381 Route 23, Pompton Plains, NJ 07444
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 www.spa23.com

POOL PROGRAMS



LAP SWIM: During the facilities' pool hours, portions of the pool will be set up for lap swimming. Circle swimming or sharing lanes is greatly encouraged. Please swim accordingly.

**Note: During Stroke Clinic, only 1 lane available. During Aquacise, 2 lanes to no lanes available depending on the size of class.*

FAMILY SWIM: During Family Swim, the majority of the pool is open for members to bring their children and enjoy themselves. Children will be subject to a guest fee of \$5. Family Swim times are on weekends only. Please follow stated pool rules and regulations.

50 MILE SWIM PROGRAM: All members are eligible to participate in the Spa 23 program. A master chart will be displayed in the pool area with participant's names. Each time you've completed a 50-mile stretch, you will receive a Spa 23 certificate of achievement.

AQUACIZE: Aquacize is now considered by many health experts as the near perfect physical activity. This program is designed to develop and maintain cardiovascular fitness, increase muscle strength, endurance and flexibility. Classes are designed to give a vigorous and stimulating workout. All classes are taught in chest deep water. Non-swimmers are welcome.

POOL PARTIES: The pool is available for party rentals. See Program Director, for details.

LOCKER ROOMS: Special changing areas for children are located above the pool in the Annex. **Children are prohibited in the adult locker rooms.**

GROUP LESSON DESCRIPTIONS

INFANT/TODDLER SWIM (6-36 MONTHS): A water adjustment class for infant/toddler and adult. An introduction to appropriate water safety skills through song and games. Pediatrician Approval Recommended. **Parents must participate.**

PRE-SCHOOL I (3-5 YEARS): Advanced water adjustment skills for your pre-schooler. A progression to independent water skills along with developing readiness for Pre-school II or Pre-school III. **Parent must participate.**

PRE-SCHOOL II (4-5 YEARS): A swim program designed for the child already familiar with the water. Basic water skills without parent participation. Good stepping stone for Pre-school III or Level 1&2.

PRE-SCHOOL III (4-5 YEARS): Geared towards the pre-schooler with advanced swimming skills. **Must be able to swim independently without a floatation aid.** Skills include: floating, rotary breathing, back crawl and front crawl.

LEVEL 1&2 (MUST BE AT LEAST 5 YEARS): This course is designed to equip students with basic water safety and water adjustment skills. Skills include: floating, kicking, underwater exploration, breathing and front and back beginner strokes.

LEVEL 3 (MUST BE AT LEAST 5 ½ YEARS): Students learn basic stroke techniques for the front and back crawl (20 yards), elementary backstroke kick (20 yards), jumping, rotary breathing, and treading water. Students also learn basic drowning prevention. **Must have passed Level 1&2.**

LEVEL 4 (MUST BE AT LEAST 6 YEARS): Increase swimming endurance and proper technique for front and back crawl (50 yards) and an introduction to the breaststroke and sidestroke kick. **Must have passed Level 3.**

LEVEL 5: Students learn elements of proper swimming, increase endurance and perfect stroke techniques. Skills include: alternate breathing, breaststroke (20 yards), sidestroke (20 yards), elementary backstroke (25 yards), butterfly kick, front and back crawl (75 yards). **Must have passed Level 4.**

BEGINNING STROKE CLINIC: Children must have basic knowledge of all strokes. Swimmers will refine strokes, learn racing dives, flip turns, and build endurance for lap swimming.

COMPETITIVE STROKE CLINIC: This course is designed for children that are striving to be on a swim team. **Children must be proficient at all the strokes.** Swimmers will learn to decrease their times, quicken front/back flip turns, learn racing dives and build endurance for lap swimming.

Lifeguard Training and Water Safety Instructor Courses are offered throughout the year. Please call for details.

ALL REGISTRATIONS MUST BE MADE WITH THE MEMBERSHIP DEPARTMENT. Monday– Friday 9:00AM–9:00PM, Saturday & Sunday 9:00AM–6:00PM

CANCELLATION POLICY

If cancellation occurs from time of enrollment to 48 hours after first lesson there will be a \$25 cancellation fee. If cancellation occurs anytime thereafter, no refund will be given. There are no make-ups for missed classes.