



THE PENNINGTON SCHOOL
Fall 2024 Aquatics Swim Lessons Descriptions
Ages 9 months – 6 years old

at the Michael T. Martin Aquatic Center

Level 1 “Parent and Child” (First water experience, 9 months to 3 years old)

Designed to help young children (ages 9 months – 3 years) overcome any fear of water while either being in the arms of their parent or having a parent nearby on the pool deck. This level is designed to be fun and develop a comfort level with the water! There will be a fun, relaxed environment. This class is designed to relax your child and build on the beginning stages of their first water experience and beyond. Older children in the class will begin putting their faces in the water, blowing bubbles, and, with instructor support, floating, kicking, and jumping in and out of the water. An adult partner must assist their child in the water for any child 3 and under. **Parents, please be prepared and bring a bathing suit. Children who are not toilet-trained are required to wear swim diapers.**

Level 2 “MINNOW” (Instructor and Child, approximately 3 to 6 years old)

Designed for the younger swimmer who wants to learn the next stages of introductory floating, breathing, kicking, gliding, beginning stroke mechanics of the front crawl, and flutter kick on front with and without flotation belts. Flotation barbells are introduced for reaching and scooping. Correct body position and balance are also taught. The end of each lesson encourages placing the face and body underwater to retrieve a prize. This level will end with beginning stages of independent locomotion in the water. Instructor is in the water.

Level 3 “DOLPHIN” (Follows Minnow, approximately 3 to 6 years old):

Builds on “Minnow” concepts. Introduction of front crawl, backstroke, and elementary backstroke, as well as development of deep-water skills. Safety and survival skills, such as treading water are introduced. This level is designed for the younger swimmer who has completed levels 1 and 2. At this level the instructor is not in the water. The instructor is on the deck teaching the lesson.

Level 4 “STINGRAY” (Follows Dolphin, approximately 3 to 6 years old):

Development of skills introduced in advanced “Dolphin” class. Continued development of freestyle, backstroke, and elementary backstroke, and an introduction to breaststroke, diving, and more advanced underwater skills. Individuals at this level should have completed their 2 lap test, or should be very close to passing the test. This level is designed for the younger swimmer who has completed levels 1, 2, and 3.

All lessons are at The Pennington School and taught by WSI instructors. Contact Aquatics Director George Ward at gward@pennington.org or 609-737-1840 if you have any questions. Pennington is an Authorized Provider location of American Red Cross “Learn to Swim” lessons.



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Times: Using the chart below, select your preferred day and time slot. (One [1] lesson per week).

Monday	Tuesday	Wednesday	Thursday	Friday
No Lessons	Level 1 (a.m.) 10:00–10:30 a.m. Level 2 (a.m.) 10:45–11:15 a.m.	No morning lessons on Wednesday	No morning lessons on Thursday	Level 2 (a.m.) 10:00–10:30 a.m. Level 2 (a.m.) 10:45–11:15 a.m.
No Lessons	Level 2 (p.m.) 1:30–2:00 p.m. Level 3 (p.m.) 2:15–2:45 p.m.	Level 2 (p.m.) 1:30–2:00 p.m. Level 2 (p.m.) 2:15–2:45 p.m.	Level 2 (p.m.) 1:30–2:00 p.m. Level 3 (p.m.) 2:15–2:45 p.m.	Level 4 (p.m.) 1:30–2:00 p.m.

Lesson Dates:

Fall Session 1: September 16 – October 18, 2024

(5 Lessons on Tues, Wed, Fri.) Cost: \$175.00 per child

(4 Lessons on Thurs.) Cost: \$140.00 per child

Please note there will be no lessons on Thursday Oct. 3rd.

Fall Session 2: October 21 – Nov. 22, 2024 (6 Lessons)

Cost: \$210.00 per child

Please note there will be no lessons during the week of November 25– 29.

December 3rd – 6th will be a week for “make up lessons” if needed.

Please check your email on the day of your lesson for any important information regarding your lesson time slot and check www.pennington.org for cancellations due to winter weather.

Registration:

-Registration is on a first-come, first-served basis. Please call to confirm your lesson time request for space.

-Please sign up using the official Pennington School “swim lesson registration form” found online at:

www.pennington.org under the “Athletics and Aquatics” menu. Confirm your registration form was received by emailing George Ward at gward@pennington.org

-Please list the name of your child, and session number in your email.

Contact information (609) 737-1840 and campus address:

George Ward, Aquatics Director, The Pennington School, 112 W. Delaware Ave. Pennington, NJ 08534

Additional Information:

-Classes have limited space (1:4 Instructor-to-Child ratio).

-Please note that major holidays will be observed throughout the year.

-If you are interested in more than 1 lesson per week, please contact George Ward (609–737–1840) for space availability. Use the campus map for parking and side pool door with doorbell for pool entry.

- It is the parent's responsibility to arrive 10 minutes prior to the lesson. (Doors will not be opened once the lesson begins.)



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Fall 2024 Swim Lesson Registration Form

All visitors at The Pennington School pool for swim lessons are required to abide by the following rules:

1. I have read and will abide by the pool rules. Children who are not toilet-trained MUST wear a proper swim diaper with elastic bands.
2. Payment in full is due prior to commencement of the Session.
3. I understand that only the participating child is allowed in the pool.
4. I understand that those participating in swim lessons are allowed in the pool during instruction time only and must leave after the daily lesson is over.
5. If I have any questions or concerns about the instruction, concerns will be addressed at proper times (either before or after daily lessons) to ensure that all swimmers are given ample attention during the scheduled lesson.

New for 2024 Important Parents will park in areas on campus map and enter pool using the side pool door with doorbell designated on campus map. It is the parents' responsibility to arrive on time (10 minutes early). Pool doors will not be opened once the lesson begins. Please arrive with your child's suit on if possible. All exterior doors will be locked. Please allow extra time to park. Parents must read Pennington's Health policy in this form as well.

These rules are in place to provide a safe and fun learning environment for your child. If the rules are not followed, the Pennington aquatics director has the right to remove your child from lessons.

In case of emergency I authorize the release of my son/daughter to be treated by a lifeguard or licensed physician or hospital. Furthermore, I hereby agree to completely and unconditionally indemnify, save harmless, release and discharge The Pennington School, its employees and volunteers from all liabilities (including sickness from Covid 19) as a result of injuries or sickness sustained by my child participating in this program.

Medical Insurance Company _____ Policy # _____

Insurance Company Phone Number _____

Parent Name: (Printed): _____

Signature: _____ Date: _____

Telephone #: _____ email: _____

Emergency Contact: _____

Name on check (if different from child's last name): _____

1st Child's Name: _____ Age: _____

Fall Session _____ Level: _____ Day: _____ Time: _____

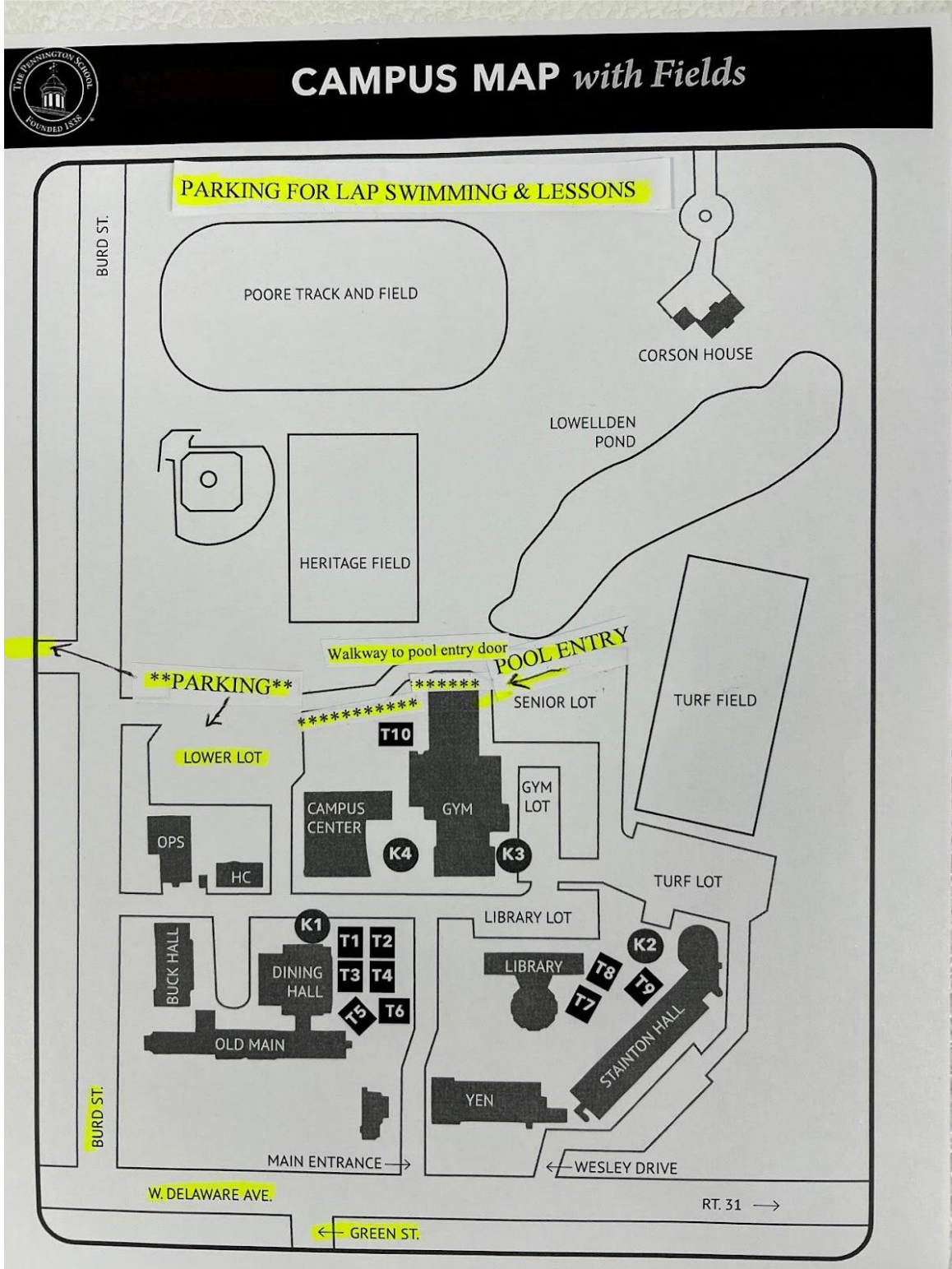
2nd Child's Name: _____ Age: _____

Fall Session _____ Level: _____ Day: _____ Time: _____ Classes have limited space: registration is on a first come, first served basis. You will be notified if you are on a waiting list for your first-choice session. Please contact Aquatics Director George Ward at gward@pennington.org if you have any questions. The instructor-to-child ratio for all classes is no more than 1:4. **Parents are reminded to be prepared to enter the water with their child in Level 1 and possibly Level 2, depending on the child's background with swim lessons**, and to bring swim diapers for any child not toilet-trained.



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All Visitors must use the map below and park in the designated areas.





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Aquatics Center Health and Safety Protocol

We strongly encourage all visitors to be vaccinated for Covid 19 and that they will abide by any health and safety regulations currently in place at the school or throughout the school year.

The campus is currently a mask-optional environment in most circumstances.

If your child is sick, please stay home. If your child is not “potty trained”, please have them in a swim diaper with elastic bands.

There will be access to the locker rooms to change at the end of your lesson, but there is no showering at this time. Please use the facility quickly in order to leave the building as soon as possible at the end of lesson. **Please arrive with your child ready to enter the water and suit on.** Only children registered may enter the water. Parents in level 1 are required to enter the water and parents of level 2 should be ready to enter the water if needed.

Please leave the bleachers open and use the white benches for sitting. No children running on deck or in the bleachers.

We ask all parents and swimmers to be out of the building within 20 minutes after their lesson.