


NAC 2023 SWIM LESSON CLASS SCHEDULE

Spring 2023 (Session 1) Week of March 13th – Week of April 3rd

Monday	Tuesday	Wednesday	Thursday
Non-Comp Workouts 2x Per Week (M/W) (Ages 6-18) 4:00pm – 4:45pm SWIM SCHOOL Part 1 (Ages 5-14) 4:00pm – 4:45pm SWIM SCHOOL PART 2 (Ages 5-14) 4:00pm – 4:45pm SWIM SCHOOL Part 1 (Ages 5-14) 5:00pm – 5:45pm SWIM SCHOOL PART 2 (Ages 5-14) 5:00pm – 5:45pm STROKE SCHOOL PART 1 (Ages 6-14) 5:00pm – 5:45pm STROKE SCHOOL PART 2 (Ages 6-14) 5:00pm – 5:45pm	PRESCHOOL 1st Time Students (Ages 3-5) 4:00 – 4:30pm PRESCHOOL Returning Students (Ages 4-5) 4:30 – 5:00pm Parent & Me Swim Lesson (Ages 6 months – 3years) 5:15pm – 5:45pm SWIM SCHOOL PART 2 (Ages 5-14) 4:00pm – 4:45pm	Non-Comp Workouts 2x Per Week (M/W) (Ages 6-18) 4:00pm – 4:45pm Adult Lessons (Beginner – Advanced) (Ages 15+) 5:00pm – 5:45pm <div style="text-align: center;">  </div>	SWIM SCHOOL Part 1 (Ages 5-14) 4:00pm – 4:45pm SWIM SCHOOL PART 2 (Ages 5-14) 4:00pm – 4:45pm SWIM SCHOOL PART 2 (Ages 5-14) 5:00pm – 5:45pm STROKE SCHOOL PART 1 (Ages 6-14) 5:00pm – 5:45pm STROKE SCHOOL PART 2 (Ages 6-14) 5:00pm – 5:45pm

How do I know What Class to Sign Up For?

If you have been participated in lessons at the NAC recently, you can call for your recommended Starfish Level. If your child is under 5 years old then you DO NOT NEED an evaluation, that would be Preschool or Parent and Me. Also, if your child is a true beginner, you do not need an evaluation for Swim School Part 1.

Adults do not need an evaluation either. For everyone else, trying to place into Swim School Part 2 or higher, you can sign up for a swim evaluation timeslot through our site – all evaluations are free!

NOTES:

All swim lessons utilize the Starfish Curriculum and students are grouped under Swim School and Stroke School after age 5. To sign up for classes that are Swim School 2 and higher you must do a swim evaluation day (FREE) and sign up through our portal. **(PREK, Parent and Me, Swim School Part 1 and Adult do NOT need Evaluations).**

Directions for online registration into swim lessons:

FOR RESIDENTS: At the swim evaluation, you will need to show residency so that your account can be updated to Neptune Resident rates. This will allow you to see the discounted rates provided for Neptune Residents. Once you are in the system, follow the steps for non residents.

FOR NON RESIDENTS: **After Completing the swim evaluation,** You can sign up via our website at www.neptuneschools.org via the link that says "CLIENT LOGIN". Please set it up in your name and add your children as family members on your account. From there, you can register yourself into the system for the first time and follow the prompts to sign up for classes. Online, you can use Visa, Discover or Mastercard to sign up for classes. At the NAC, you can pay with Cash, Check or Visa, Discover and Mastercard. All checks should be made out to Neptune Aquatic Center.

Please contact the Aquatic Center with questions or for additional information.

Aquatics@neptune.k12.nj.us (Sara Palumbo, Director)

or (732) 833 5969

www.neptuneschools.org

Rates for 4 Week Schedule		
Type	Resident	Non-Res
Student Group Swim Lessons and Non Comp Workouts (4) 45- min lessons	\$100 per student for 1x per week \$180 for 2x per week	\$125 per student for 1x per week \$225 for 2x per week
Pre-School Swim Lessons (Age 3 – 6 years old) (4) 30-min lessons	\$100 per student for 1x per week	\$125 per student for 1x per week
Parent & Me Swim Classes (Age 1-3 years old) (4) 30- min lessons	\$100 per student for 1x per week	\$125 per student for 1x per week
Adult Swim Lesson (over the age of 18) (4) 45- min lessons	\$100 per student for 1x per week	\$125 per student 1x per week