

# NAC 2023 SWIM LESSON CLASS SCHEDULE

Spring 2023 (Session 2) Week of April 24<sup>th</sup> – Week of May 15<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday
<b>Non-Comp Workouts</b> <b>2x Per Week</b> <b>(M/W)</b> (Ages 6-18) 4:00pm – 4:45pm  <b>SWIM SCHOOL Part 1</b> (Ages 5-14) 4:00pm – 4:45pm  <b>SWIM SCHOOL PART 2</b> (Ages 5-14) 4:00pm – 4:45pm  <b>SWIM SCHOOL PART 2</b> (Ages 5-14) 5:00pm – 5:45pm  <b>STROKE SCHOOL PART 1</b> (Ages 6-14) 5:00pm – 5:45pm  <b>STROKE SCHOOL PART 2</b> (Ages 6-14) 5:00pm – 5:45pm  <b>LEARN TO TRI &amp; TRI PREP SWIM CLASS</b> (Ages 15+) 5:00pm – 5:45pm	<b>PRESCHOOL</b> <b>1<sup>st</sup> Time Students</b> (Ages 3-5) 4:00 – 4:30pm  <b>PRESCHOOL</b> <b>Returning Students</b> (Ages 4-5) 4:00 – 4:30pm  <b>PRESCHOOL</b> <b>1<sup>st</sup> Time Students</b> (Ages 3-5) 4:30 – 5:00pm  <b>PRESCHOOL</b> <b>Returning Students</b> (Ages 4-5) 4:30 – 5:00pm  <b>Parent &amp; Me Swim Lesson</b> (Ages 6 months – 3years) 5:15pm – 5:45pm	<b>Non-Comp Workouts</b> <b>2x Per Week</b> <b>(M/W)</b> (Ages 6-18) 4:00pm – 4:45pm  <b>Adult Lessons</b> <b>(Beginner – Advanced)</b> (Ages 15+) 5:00pm – 5:45pm  <div style="text-align: center;"> <b>Registration</b>  <b>Opens</b>  <b>April 4th</b>  <b>Swim evaluations</b>  <b>available in March</b> </div>	<b>SWIM SCHOOL Part 1</b> (Ages 5-14) 4:00pm – 4:45pm  <b>SWIM SCHOOL PART 2</b> (Ages 5-14) 4:00pm – 4:45pm  <b>SWIM SCHOOL PART 2</b> (Ages 5-14) 5:00pm – 5:45pm  <b>STROKE SCHOOL PART 1</b> (Ages 6-14) 5:00pm – 5:45pm  <b>STROKE SCHOOL PART 2</b> (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. For children under 6M – 3years you can sign up for Parent and Me and from 3 – 5 you would sign up for Preschool and no evaluation is needed. From 5+ if your child is a true beginner, you do NOT need an evaluation for Swim School Part 1. You do need an evaluation for Swim School 2 higher and you can book these free evaluations through our registrations site.

## 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 & Me, Swim School Part 1 & 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](http://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](mailto:Aquatics@neptune.k12.nj.us) (Sara Palumbo, Director)

or (732) 833 5969

[www.neptuneschools.org](http://www.neptuneschools.org)

## Rates for 4 Week Schedule

Type	Resident	Non-Res
<b>Student Group Swim Lessons</b> (4) 45- min lessons	\$100 per student for 1x per week	\$125 per student for 1x per week
<b>Non Comp Swim Workouts</b> (8) 45 min workouts	\$180 for 2x per week	\$225 for 2x per week
<b>Pre-School Swim Lessons</b> (Age 3 – 6 years old) (4) 30-min lessons	\$100 per student for 1x per week	\$125 per student for 1x per week
<b>Parent &amp; Me Swim Classes</b> (Age 1-3 years old) (4) 30- min lessons	\$100 per student for 1x per week	\$125 per student for 1x per week
<b>Adult Swim Lesson &amp; Triathlon Prep</b> (over the age of 15) (4) 45- min lessons	\$100 per student for 1x per week	\$125 per student 1x per week