



**BOYS & GIRLS CLUB**  
OF CLIFTON

# **Nicholas Martini Aquatics Center**

## **January – August 2018**

### **Swim Program**



#### **— Our Mission —**

*The Boys & Girls Club of Clifton is dedicated to providing programs and services in a safe, supervised environment to inspire and enable all young people, especially those who need us most, to realize their full potential as caring, productive and responsible citizens.*

#### **— Our Facility —**

##### **MARTINI FOUNDATION AQUATICS CENTER**

*Our 33-meter pool was built as a 25-yard/meter competitive pool with a bulkhead dividing the Competition Pool from the Teaching Pool.*

# **GREAT FUTURES START HERE.**



**BOYS & GIRLS CLUB**  
OF CLIFTON

181 Colfax Avenue, Clifton, NJ 07013

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**— Club Closing Dates 2018 —**

<b>New Year's:</b>	December 29th – January 1st	<b>Independence Day:</b>	July 4th
<b>President's Day:</b>	February 19th	<b>Club Closed:</b>	June 23rd – July 1st
<b>Easter:</b>	March 31st – April 1st	<b>Club Closed:</b>	August 25th – September 3rd
<b>Memorial Day:</b>	May 28th		

**— Pool Staff —**

**Aquatics Director**  
Nadia Stavko  
973-773-2697 ext. 131

**Aquatics Program Coordinator**  
Elly Simon  
973-773-2697 ext. 135

**Head Swim Coach**  
Anna Abakumova  
973-773-2697 ext. 131 or 135

**— Administration —**

**Executive Director**  
Robert Foster  
973-773-2697 ext. 119

**Associate Director**  
Gregory Reinholt  
973-773-2697 ext. 133

**Director of Operations**  
Joseph Holmes  
973-773-2697 ext. 121

**Director of Resource Development**  
John DeGraaf  
973-773-2697 ext. 111

# Membership Fees Per Year

*Fees are good for 1 year, non-refundable & non-transferable  
You must be a member to take part in club activities.*

<b>Youth (ages 4-17) 1st child in household</b>	<b>\$40</b>
<b>Youth (each additional child in household)</b>	<b>\$30</b>
<b>Adult Membership (ages 18-54)</b>	<b>\$60</b>
<b>Adult Membership (age 55+)</b>	<b>\$50</b>
<b>Adult Silver</b> – includes all Adult Lap Swims and Family Membership Swims.	<b>\$250</b>
<b>Adult Gold (age 55+)</b> – includes all Senior Lap Swims and Family Membership Swims.	<b>\$200</b>

## Activities and Fees

*Prices are subject to change – Adult or Youth membership is required for all below activities.*

***All members must swipe their membership cards each time they enter the club.***

***Failure to do so may result in not being admitted into the club.***

***Membership cards can be received from the front desk.***

<b>Activity</b>	<b>Fee</b>	<b>Page</b>
<b>Swim Lessons for ages 4-17 – Winter/Spring</b>	\$65 per session plus membership	5
<b>Swim Lessons for ages 4-17 – Summer</b>	\$65 per session plus membership	6
<b>Mom-N-Tot</b>	\$65 per session	7
<b>Lifeguard Training Course</b>	\$230 plus membership	7
<b>Youth Open Swim (Youth Members only)</b>	Free for youth members	7
<b>Family Open Swim (Youth Member &amp; Parents only)</b>	Free for youth members and their parents	7
<b>Adult Swim Lessons</b>	\$65 per session	8
<b>Adult Water Exercise</b>	\$60 plus adult membership	8
<b>Seahawks Swim Team (Sept. – March)</b>	\$775 for season	9
<b>Birthday/Pool Rental (Sept. – June)</b>	\$225 up to 25 children, \$10 each additional child	10

# How To: Online Swim Lesson Registration

Swim lesson schedules, pool cancellations, etc. can be found on [bgcclifton.org](http://bgcclifton.org) on the Aquatics page.

Swim lesson registrations and memberships can be purchased on our new site [parentportal.bgcclifton.org](http://parentportal.bgcclifton.org). You must create an account 24 hours prior to registration in order to be able to register on time.

## General Membership Information

- 1.) **Memberships are non-refundable.** The cost is \$40 for the first child and \$30 for each additional child within the same household.
- 2.) Memberships are valid one year from the day of payment and the membership form is received.
- 3.) Your child's membership must be current throughout the entire session in order to register. If your membership expires during the course of the class, you must renew your membership before you will be able to register. Memberships will be updated by 11:00 AM the following business day. Business days are Monday-Friday.

## Registration Information

**Parents may only register for one session at a time.** All sessions are \$65, which includes 9 classes. Swim Levels 1-6 are 40 minutes with 10 students per class. Guppies Swim classes (ages 4 & 5) are 30 minutes with 6 students.

- 1.) Please bring Club receipts to the first day of swim lessons.
- 2.) If your child does not attend the first class and you do not call, the club reserves the right to fill the spot with next available child.
- 3.) Registration is on a first come first, serve basis. Class size is limited so please register early.

## New/Returning Swimmers

If you do not know what level to sign your child up for, or if your child has not swum with us for more than 1 year, your child can take a swim evaluation. We will evaluate your child and let you know what level is appropriate. Level evaluation tests are given during Family Open Swim: Saturdays from 2:00-4:00 pm and Sundays from 1:00-3:00 pm. Current Membership is required to take evaluation.

## How To: Create a Parent Portal Account

- 1.) Go to [parentportal.bgcclifton.org](http://parentportal.bgcclifton.org), click "New User" button, and fill in your parent/guardian and household information.
- 2.) Once your information is in the system, check your email link to validate and activate your account.
- 3.) Add each of your children as members. Navigate to "Profile" then "Add New Member." This must be done for each child.
- 4.) After this process is done, please allow us time to update your account. Accounts will be updated by 11:00 AM the following business day. Business days are Monday-Friday.

## How To: Enroll Your Child in Programs

1. Click on the Enroll tab at the top of the page. Then, select the member you wish to enroll, the Club location, and the service. You must first select & pay the appropriate membership fee and then select & pay for the service you want to sign up for.\*
- 2.) Then enter your payment information.
- 3.) Carefully read our Terms and Conditions Agreement to complete enrollment.
- 4.) Once you have completed your enrollment you will receive an e-mail confirming your registration. Repeat steps 1, 2 and 3 for each child you wish to enroll.

If you need help with anything parent portal related, please contact [helpdesk@bgcclifton.org](mailto:helpdesk@bgcclifton.org).

## How To: Use the parent portal

- 1.) To check what class you registered for, click "Account", click "More Detail" next to your child's name.
- 2.) To check when your child's membership expires, click, "Account", under your child's name you will see "Enrollment Expires." The date next to it is your child's expiration date.
- 3.) To change the language of the website, click the "select language" drop down menu on the top right corner of the page.
- 4.) To see if a class is full, click on the Enroll tab at the top of the page. Then, select the member you wish to enroll, the Club location, and the service. If a class is sold out, the box that appears on the right will say "This class is sold out!" You can add your child to our waiting list, free of charge by continuing to the next page. You will be contacted via email if a space becomes available.

## Cancellation/Make-up Policy

Classes must be cancelled 1 business day before the class starts. After this cut-off, no refunds will be given. **A \$10 administration fee will be deducted from all refunds.** For safety reasons, make up classes are not available due to instructor/student ratios. Refunds and/or credits will not be issued due to absences.

\* Please allow 24 business hours for all New/Renewed Memberships to be updated. Business days are Monday - Friday.

## Tips for Registration

- Log-in to your parent portal account 24-48 hours before registration
- Membership must be valid throughout the entire session. If not, it must be paid 24-48 hours before registration.
- On Registration Day, log-in a few minutes before starting time. Remember to refresh the page at starting time.

## Youth Swim Lesson Progression

### Ages 4 & 5:

A series of lessons designed to teach children 4 & 5 years old water adjustment and beginner stroke skills to overcome the natural fear of water. Each class has 6 children per instructor. 9 classes for 30 minutes per lesson.

- **GUPPIES** – water adjustment skills for ages 4 & 5. Water exploration/adjustment, blow bubbles, floating, gliding, kicking, beginner stroke. *Children ages 4 & 5 must have recommendation of instructor before starting Level I.*

### The following levels are for ages 6-17:

10 children per class.

9 classes for 40 minutes per lesson.

*(Children ages 4 & 5 need to be recommended by instructor to sign up for Level classes)*

- **LEVEL 1 – introduction to Water Skills**  
Front and back float, kick and arm movements introduced. Blow bubbles submerging face in water.
- **LEVEL 2 – Fundamental Aquatic Skills**  
Swim freestyle and backstroke unassisted 15 yards. Jump into pool and swim.
- **LEVEL 3 – Stroke Development**  
Swim freestyle with rotary breathing 25 yards. Swim backstroke and elementary backstroke 25 yards. Butterfly kick and breaststroke kick introduced. Tread water. Dive from kneeling position.
- **LEVEL 4 – Stroke improvement**  
Freestyle with rotary breathing 25 yards. Backstroke and elementary backstroke 25 yards. Butterfly and breaststroke 25 yards.
- **LEVEL 5 – Stroke Refinement**  
Freestyle, backstroke and elementary backstroke 50 yards. Butterfly and breaststroke 25 yards. Treading water. Dive.
- **LEVEL 6 – Stroke Refinement**  
Free and backstroke 100 yards. Sidestroke, breaststroke and butterfly 50 yards. Tread water. Standing dive and flip turns for freestyle and backstroke. Refine strokes & work on endurance.

**Bathing suits are required for all classes. No exceptions! Shorts, tank tops, etc., are not acceptable.**

# Winter-Spring 2018 Youth Swimming Lessons

Each session of swimming consists of 9 classes. Each session costs \$65.00 plus annual membership (\$40). Must be 4 years old at time of registration to take classes. Please see the chart below for registration dates.

All registrations begin at 9:00 am on [parentportal.bgclifton.org](http://parentportal.bgclifton.org).

For assistance using the **new** portal, please email [helpdesk@bgclifton.org](mailto:helpdesk@bgclifton.org)

On registration days, customer service representatives can be reached at 973-773-2697 x126 & 112.

Membership must be current through the entire session you are registering for. Only one session will be open for registration at a time.

If your child has never swam with the Boys & Girls Club of Clifton, he or she must be evaluated.

Level evaluations are given on Saturdays from 2:00 – 4:00 pm and Sundays from 1:00 – 3:00 pm.

**Cancellation Policy:** Classes must be cancelled 1 business day before the class starts. After this cut-off no refunds will be given.

A \$10 administration fee will be deducted from all refunds.

**Bathing suites are required for all classes. Children without a bathing suit will not be allowed to swim.**

CLASS DAYS	MONDAY & WEDNESDAY				TUESDAY & THURSDAY				FRIDAY		SATURDAY	
REGISTRATION DATES @ 9:00 AM	1/10	3/8	4/11	5/16	1/10	3/8	4/11	5/16	1/10	4/11	11/8/17	3/14
CLASS DATES	SESSION III 2/5-3/7 No Class 2/19	SESSION IV 3/12-4/9	SESSION V 4/16-5/14	SESSION VI 5/21-6/20 No Class 5/28	SESSION III 2/6-3/6	SESSION IV 3/13-4/10	SESSION V 4/17-5/15	SESSION VI 5/22-6/19	SESSION III 2/2-4/6 No Class 3/30	SESSION V 4/20-6/15	SESSION III 1/6-3/10 No Class 1/27	SESSION V 3/24-6/2 No Class 3/31 & 5/26
GUPPIES (beginners ages 4 & 5 only)	4:00-4:30 5:30-6:00 6:15-6:45				5:30-6:00 6:15-6:45				4:00-4:30 5:30-6:00 6:15-6:45		10:00-10:30 10:30-11:00 11:15-11:45 11:45-12:15	
LEVEL 1	4:45-5:25 5:30-6:10 6:15-6:55				4:00-4:30 6:15-6:45				5:30-6:10 6:15-6:55		10:00-10:40 10:45-11:25 11:30-12:10 12:15-12:55	
LEVEL 2	5:30-6:10 6:15-6:55				5:30-6:10 6:15-6:55				5:30-6:10 6:15-6:55		9:15-9:55 11:30-12:10 12:15-12:55	
LEVEL 3	4:00-4:40 4:45-5:25				4:00-4:40				4:00-4:40		9:15-9:55 10:00-10:40 10:45-11:25	
LEVEL 4	4:45-5:25				5:30-6:10				4:00-4:40		9:15-9:55 10:00-10:40 10:45-11:25	
LEVEL 5	4:00-4:40				4:00-4:40				NOT OFFERED		9:15-9:55 12:15-12:55	
LEVEL 6	4:45-5:25				4:00-4:40				NOT OFFERED		11:30-12:10 12:15-12:55	

**CLASS DATES AND TIMES SUBJECT TO CHANGE**

— See page 3 for Membership Information and Fees. All prices subject to change. —

# Summer 2018 Youth Swimming Lessons

Each session of swimming consists of 9 classes. Each session costs \$65.00 plus annual membership (\$40). Must be 4 years old at time of registration to take classes. Please see the chart below for registration dates.

All registrations begin at 9:00 am on [parentportal.bgclifton.org](http://parentportal.bgclifton.org).

For assistance using the **new** portal, please email [helpdesk@bgclifton.org](mailto:helpdesk@bgclifton.org)

On registration days, customer service representatives can be reached at 973-773-2697 x126 & 112.

Membership must be current through the entire session you are registering for. Only one session will be open for registration at a time.

If your child has never swam with the Boys & Girls Club of Clifton, he or she must be evaluated.

Level evaluations during summer are given on Tuesdays and Wednesdays from 7:00 – 8:00 pm.

**Cancellation Policy:** Classes must be cancelled 1 business day before the class starts. After this cut-off no refunds will be given.

A \$10 administration fee will be deducted from all refunds.

**Bathing suites are required for all classes. Children without a bathing suit will not be allowed to swim.**

CLASS DAYS	MONDAY – FOLLOWING FRIDAY	TUESDAY – FOLLOWING FRIDAY			MONDAYS ONLY	THURSDAYS ONLY
REGISTRATION DATES	6/21 @ 9:00 AM	7/13 @ 2:00 PM	7/27 @ 2:00 PM	8/10 @ 2:00 PM	6/21 @ 9:00 AM	6/21 @ 9:00 AM
CLASS DATES	SESSION I 7/2-7/13 <i>No class 7/4</i>	SESSION II 7/17-7/27	SESSION III 7/31-8/10	SESSION IV 8/14-8/24	EVENING 6/25-8/20	EVENING 6/28-8/23
GUPIES	10:30-11:00 11:15-11:45 12:15-12:45	10:30-11:00 11:15-11:45 12:15-12:45	10:30-11:00 11:15-11:45 12:15-12:45	10:30-11:00 11:15-11:45 12:15-12:45	NOT OFFERED	NOT OFFERED
LEVEL 1	9:00-9:40 9:45-10:25 10:30-11:10 12:00-12:40	9:00-9:40 9:45-10:25 10:30-11:10 12:00-12:40	9:00-9:40 9:45-10:25 10:30-11:10 12:00-12:40	9:00-9:40 9:45-10:25 10:30-11:10 12:00-12:40	6:05-6:45 PM 6:50-7:30 PM	6:05-6:45 PM 6:50-7:30 PM
LEVEL 2	9:00-9:40 9:45-10:25 11:15-11:55	9:00-9:40 9:45-10:25 11:15-11:55	9:00-9:40 9:45-10:25 11:15-11:55	9:00-9:40 9:45-10:25 11:15-11:55	6:05-6:45 PM 6:50-7:30 PM	6:05-6:45 PM 6:50-7:30 PM
LEVEL 3	9:00-9:40 9:45-10:25 10:30-11:10 11:15-11:55	9:00-9:40 9:45-10:25 10:30-11:10 11:15-11:55	9:00-9:40 9:45-10:25 10:30-11:10 11:15-11:55	9:00-9:40 9:45-10:25 10:30-11:10 11:15-11:55	6:50-7:30 PM	6:50-7:30 PM
LEVEL 4	9:45-10:25 10:30-11:10 12:00-12:40	9:45-10:25 10:30-11:10 12:00-12:40	9:45-10:25 10:30-11:10 12:00-12:40	9:45-10:25 10:30-11:10 12:00-12:40	6:50-7:30 PM	6:50-7:30 PM
LEVEL 5	11:15-11:55	11:15-11:55	11:15-11:55	11:15-11:55	6:50-7:30 PM	6:50-7:30 PM
LEVEL 6	12:00-12:40	12:00-12:40	12:00-12:40	12:00-12:40	NOT OFFERED	NOT OFFERED

**CLASS DATES AND TIMES SUBJECT TO CHANGE**

— See page 3 for Membership Information and Fees. All prices subject to change. —

# January – June 2018 Swim Programs

## Lifeguard Training Course

Train to be a lifeguard, to feel comfortable and safe in and around water, to perform a job as a lifeguard at a high level of proficiency. (28 ½ hrs.)

<b>Ages:</b>	15 and up
<b>Days / Time:</b>	April / May (dates TBA)
<b>Registration:</b>	<b>Sign up in the Aquatics Office</b>
<b>Fee:</b>	\$230.00 plus youth membership (\$40.00)

## Mom & Tot Lessons

For children ages 6 months – 4 years accompanied by a parent.  
1 parent per child.

A series of lessons designed to help your child feel comfortable in the water. Work on motor skills with arms & legs, breathing and floating, with emphasis on water adjustment and fun & games.

**Classes:** 9 Lessons, 30 minutes per lesson.  
(Limit 15 toddlers per session – minimum of 6 needed to hold class)  
Water temperature 82° - 83°F. Wet suit recommended.

**TUESDAY & THURSDAY SESSIONS:** 11:45 a.m. – 12:15 p.m.  
For ages 6 months – 4 years

<b>SESSION IV:</b>	February 6 – March 6
<b>SESSION V:</b>	March 8 – April 5
<b>SESSION VI:</b>	April 10 – May 8
<b>SESSION VII:</b>	May 10 – June 7
<b>Registration:</b>	<b>Sign up at the front desk beginning January 2018</b>

### SATURDAY ONLY SESSIONS:

1:00 – 1:30 p.m. For ages 6 months – 23 months  
1:30 – 2:00 p.m. For ages 2 – 4 years

<b>SESSION II:</b>	January 6 – March 10 <i>No class January 27</i>
<b>Registration:</b>	<b>Sign up at the front desk beginning January 2 @ 9:00 AM</b>

**SESSION III:** March 24 – June 2  
*No class March 31 & May 26*

<b>Registration:</b>	<b>Sign up at the front desk beginning March 10 @ 2:00 PM</b>
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**SUMMER:** Wednesdays: June 27 – August 22  
5:45 – 6:15 p.m. For ages 6 months – 23 months  
6:15 – 6:45 p.m. For ages 2 – 4 years

<b>Registration:</b>	<b>Sign up at the front desk beginning June 22 @ 2:00 PM</b>
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<b>Fee:</b>	\$65.00 per session plus 1 adult membership required
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## Youth Open Swim

Pool is open for all youth members to enjoy. This less-structured time allows for lifeguard-supervised free swimming, playing and games. Free with membership.

**Please note: This open swim time is for members, ages 6-17 only – NO ADULTS ALLOWED.**

Swimmers who have hair longer than chin length must wear a swimming cap.

<b>Ages:</b>	6 & up (No one under 6 yrs of age is permitted in the water).
<b>Days / Times:</b>	February 13 – June 15 Tuesdays, Thursdays, & Fridays 4:45 – 5:30 p.m. Saturdays 2:00 – 4:00 p.m. Sundays 1:00 – 3:00 p.m.

**Deep Water Test:** There is a \$1 fee to take the deep water test the first time. If you lose or forget your bracelet, you will need to pay, and take the test again. **If we find anyone sharing deep end bracelets, the bracelet will be cut and the swimmers will be asked to leave the pool.**

## Family Swim for Youth & Adult Members

Youth members may bring a parent or guardian during the Family Swim for FREE.\*

### Family Swim Rules:

1. All Children must be members! We DO NOT offer day passes for friends, neighbors, cousins, etc.
2. Children 4 & 5 years old must be accompanied by a parent in the water. If a parent is unable or unwilling to go in the water, the child will NOT be permitted to swim.
3. Children under 4 years of age are not permitted in the pool!  
NO EXCEPTIONS!
4. Children with hair longer than their chin must wear a bathing cap. You may bring your own or purchase a latex one for \$3 from the Aquatics office. We also have cloth and silicone caps available for \$6.

<b>Days / Times:</b>	January 6 – June 9 Saturdays 2:00 – 4:00 p.m. Sundays 1:00 – 3:00 p.m. <i>No open swim January 27 &amp; 28</i>
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**SUMMER:** Tuesdays & Wednesdays: July 3 – August 22  
7:00 – 8:30 p.m.  
*No open swim July 4*

*Note: Times subject to change/cancellation during swim team season & other. (January – March)*

\* We have a Family Changing Room! Inquire at Aquatics Office.

**Deep Water Test:** There is a \$1 fee to take the deep water test the first time. If you lose or forget your bracelet, you will need to pay, and take the test again. **If we find anyone sharing deep end bracelets, the bracelet will be cut and the swimmers will be asked to leave the pool.**

# Adults/Seniors Aquatics Programs

In our effort to serve the Clifton Community, the Boys & Girls Club of Clifton offers Adult Swim Programs. Utilizing its Aquatic Staff of WSI instructors and coaches, the adult programs are designed to provide valuable skill development, learn to swim, adult fitness and endurance programs.

Please register for all Adults/Seniors Aquatics Programs at the front desk beginning January 2, 2018 at 9:00 a.m.

## Adult Swim Lessons

Swimming – a Lifetime Sport/Fitness Program; Re-introduce yourself to swimming classes designed to cover basic pool safety/ survival skills and to teach basic swim strokes, floating, treading water, etc. in a positive, encouraging environment.

**Session:** 9 Classes at 45 minutes/class  
**Minimum of 6 people needed to hold class**

### MONDAY & WEDNESDAY SESSIONS:

7:00 – 7:45 p.m. Beginners  
7:45 – 8:30 p.m. Advanced

**SESSION III:** February 5 – March 7

**SESSION IV:** March 12 – April 9

**SESSION V:** April 11 – May 9

**SESSION VI:** May 14 – June 13  
No class May 28

**SUMMER:** Thursdays: July 5 – August 23 (8 classes)  
7:30 – 8:15 p.m. Beginners & Advanced

**Fees:** \$65.00/session plus adult membership

## Adult/Senior Lap Swims

A great opportunity for adults & seniors to practice swimming skills and improve their fitness/endurance levels. Note: If you're interested in doing water exercises, please use the small pool only. Large pool is designated for lap swim. Courteous Lap Swim rules will apply: 2 people/lane or 3 or more circle swim.

**MORNING HOURS:** January 2 – June 29, 2018  
Monday – Friday: 6:00 a.m. – 1:00 p.m.

**EVENING HOURS:** February 12 – June 21, 2018  
Monday – Thursday: 8:30 p.m. – 9:15 p.m.

**SUNDAY HOURS:** January 7 – June 10, 2018  
Sunday 10:00 a.m. – 12:00 p.m. *Whole pool available.*

*Due to swim meets, weekend lap swim hours are subject to cancellation. Please check postings, our website, or call.*

**SUMMER HOURS:** July 2 – August 24, 2018 *Club closed July 4*  
Monday – Friday: 6:00 am – 8:45 a.m.  
*No Evening or Saturday/Sunday hours during the Summer due to limited Club hours.*

*All adults must be out of the locker rooms by 9:00 a.m.*

**Lap Swim Fees:** Adult Silver or Gold Membership required.  
Adults (18-54): Adult Silver Membership \$250/year  
Seniors (over 55): Senior Gold Membership \$200/year

**Lap swimmers must present Membership ID card upon entering the building and sign in at the pool area.**

## Arthritis Foundation's Aquatic Program

**Presented by The Arthritis Foundation New Jersey Chapter and The Boys & Girls Club of Clifton in cooperation with The North Jersey Regional Arthritis Center (NJRAC)**

This water exercise program is designed for people with arthritis and related conditions. Water exercise is especially good for people with arthritis because it allows you to exercise without putting excess strain on your joints and muscles. It gives you the opportunity to do gentle activities in warm water, with guidance from a certified instructor from the NJRAC and the Arthritis Foundation.

**MONDAY & THURSDAY SESSIONS:** 11:00 – 11:45 a.m.

**SESSION III:** February 5 – March 8 *No class February 19*

**SESSION IV:** March 12 – April 9

**SESSION V:** April 12 – May 10

**SESSION VI:** May 14 – June 14 *No class May 28*

**SUMMER:** July 13 – August 21 (8 classes)  
*Day/Time change: Tuesdays 6:10 – 6:55 p.m.*

**Fee:** \$60.00/ session plus adult membership



— See page 3 for Membership Information and Fees. All prices subject to change. —

# "SEAHAWKS" Swim Team

*Swimming is a Volunteer Intensive Sport!*

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

## SEAHAWKS Spring Swim Team

**April 11 – June 21**

**TRYOUT: March 28, 2018 at 5:15 p.m.**

Group placement decided by Coach. For more information visit our website at [www.cliftonseahawks.org](http://www.cliftonseahawks.org)

### Registration:

- Returning Swimmers: March 5 – 7, 2018
- New Swimmers: March 30 – April 2, 2018

**Fee:** \$125 plus Youth Membership (\$40).

**Spring Swim Team fees are non-refundable.**

**Swim Meets Fee:** If a swimmer is interested in participating in USAS meets, parents must pay for each event being swam. A \$100 deposit is due by March 8, 2018 in order to participate in summer swim meets. With your deposit you will receive a schedule of the meets, where you will be able to choose the meets you wish to attend. Your \$100 deposit will be put toward your events and once your deposit has been used, you will need to pay as you go per meet. If you do not use your entire deposit you will receive a refund of what is left.

### GROUP PRACTICE SCHEDULE:

• <b>New Swimmers:</b>	Tuesday & Thursday	5:30 – 6:30 p.m.
• <b>Junior Seahawks:</b>	Mon, Wed, & Fri	5:30 – 6:30 p.m.
• <b>Bronze:</b>	Monday – Friday	5:30 – 6:30 p.m.
• <b>Silver:</b>	Monday – Friday	6:30 – 8:00 p.m.
• <b>Gold:</b>	Monday – Friday	6:30 – 8:30 p.m.
• <b>Dry Land</b>	Tuesday & Thursday	6:00 – 6:30 p.m.
• <b>Dry Land</b>	Mon, Wed, & Fri	6:00 – 6:30 p.m.

## Summer Swim Team

**Swim team requirement:** This program will help current swim team members continue their progression and endurance. This will also help new swim team members increase their endurance, improve stroke techniques, and allow you to be part of a competitive environment.

**TRYOUT: June 6, 2018 at 5:30 p.m.**

**Dates/Times:** June 25 – August 23, 2018, Monday – Friday

• <b>New Swimmers:</b>	Tuesday & Thursday	4:00 – 5:00 p.m.
• <b>Junior Seahawks:</b>	Mon, Wed, & Fri	4:00 – 5:00 p.m.
• <b>Bronze:</b>	Monday – Friday	4:00 – 5:00 p.m.
• <b>Silver &amp; Gold:</b>	Monday – Friday	5:00 – 6:45 p.m.
• <b>Dry Land Gold</b>	Mon, Wed, & Fri	4:30 – 5:00 p.m.
• <b>Dry Land Silver</b>	Tuesday & Thursday	4:30 – 5:00 p.m.

### Registration:

- Returning Swimmers: May 29 – June 1, 2018
- New Swimmers: June 11 – 13, 2018

**Fee:** \$125 plus Youth Membership (\$40).

**Summer Swim Team fees are non-refundable.**

## Summer Swim Tech Camp

This camp is dedicated to helping serious swimmers work on stroke development, conditioning and preparation for the upcoming swim team season. Swimmers will benefit from instructional videos and conditioning exercises. This camp is perfect for the competitive swimmer.

**Days/Times:** Daily Monday – Friday from 9:00 a.m. – 12:00 p.m.

Each day consists of 3 hours:

- Dry land in the gym 9:00 – 10:00 a.m. Includes running, weight training & intense cardio. Come in your gym clothes and sneakers and meet the coach in the gym.
- Video 10:00 – 11:00 a.m.
- Stroke development in the pool 11:00 a.m. – 12:00 p.m.

*Prerequisite: Must have completed Level 6 in swim lessons, swim all 4 strokes that are acceptable for swim team, and must be able to do a flip turn in the water. Proper recommendation from head coach required.*

**Registration:** ongoing from April 19, 2018 at the Aquatic Office. Space limited to 20 children per week. First come, first serve basis! SIGN UP TODAY!!

<b>Week 1:</b>	July 2 – 6	Freestyle
<b>Week 2:</b>	July 9 – 13	Backstroke
<b>Week 3:</b>	July 16 – 20	Butterfly
<b>Week 4:</b>	July 23 – 27	Breaststroke
<b>Week 5:</b>	July 30 – August 3	Starts & Turns
<b>Week 6:</b>	August 6 – 10	Freestyle/Backstroke
<b>Week 7:</b>	August 13 – 17	Breaststroke/Butterfly
<b>Week 8:</b>	August 20 – 24	Starts & Turns

**Fees:** \$85 per week 1st child and \$78 each additional child in same household plus membership.

**Summer Swim Tech Camp fees are non-refundable.**



— See page 3 for Membership Information and Fees. All prices subject to change. —

## Pool Rules

1. **All children ages 4 or 5 must be accompanied by an adult in the water. Children under 4 are not allowed to swim during open or family swim.**
2. People are permitted in the pool area only when lifeguard is on duty.
3. Walk, do not run on the deck.
4. No wrestling, horseplay, punching, dunking, splashing, or pulling others into the pool.
5. Diving masks and snorkels are not permitted for use while swimming.
6. Jumping or diving from the side of the pool is not permitted, except for special times set up by the lifeguard on duty. No swimming is permitted in the area when diving is taking place. Diving must be run in an organized, controlled manner in the deep end of the pool.
7. It's mandatory that all persons take a shower before entering the pool.
8. Any person showing evidence of skin disease, sores, inflamed eyes, nasal or ear discharge, open blisters, or any communicable diseases, excessive sunburn, cuts or bandages shall be refused admission.
9. No glass containers or metal objects permitted in pool area.
10. People in street clothes may not be permitted in the water unless this infringes upon their religious practice. Only then may a person wear a shirt and non-baggy pants.
11. No food or drinks permitted in the pool area.
12. Use of obscene or abusive language will be grounds for ejection from the pool.
13. No smoking permitted in pool area.
14. Anyone suspected of being under the influence of drugs or alcohol shall be prohibited from entering the pool area.
15. Disrobing is only allowed in the locker room.
16. No sitting on or holding the lane lines.
17. Bathing caps are required for all persons with hair that reaches below their chin.
18. Spitting out water or blowing nose in water is prohibited.
19. Chewing gum in the water is prohibited.
20. Members must have an appropriate bathing suit, towel and membership card to be allowed in the pool.
21. Three short whistle blasts, everyone must sit on the side of the pool. One long blast whistle, everyone must exit the pool.
22. Emergency equipment is for lifeguard use only.
23. Only those individuals with blue wristbands are allowed in the deep end of the pool. There is a \$1 fee to take the deep water test the first time. If you lose or forget your bracelet, you will need to pay \$2 and take the test again. Sharing bracelets or giving a bracelet to someone who has not taken the deep test will result in confiscation of the deep end bracelet and/or expulsion from the pool.
24. No playing or hanging on stairs or ladders.
25. Do not enter the water if you are experiencing or recovering from diarrhea or have had any signs or symptoms of a gastro-intestinal (stomach) disease in the past seven days.
26. All children in diapers must wear plastic pant with snug fitting elastic waist and leg bands.
27. Children should be encouraged to use the restroom before entering the water. Immediately report any "accidents" you observe in the bathing waters to a lifeguard.
28. No animals, except for service animals shall be allowed in swimming pool, dressing rooms, or other parts of the enclosure.
29. We strongly recommend all pool patrons to wear footwear (sandals or flip-flops) in and around the pool area for your health and the health of others.
30. Anyone who is not swimming must observe pool activities from bleacher area only.
31. Boys ages 5 & up are not allowed in Girls' Locker room. Girls are not allowed in Boys' Locker room. You may use the Family Changing Room located by the Aquatics Office.
32. **Bathing suits are required for all swimmers. Shorts, tank tops, etc. are not acceptable. Swimmers without bathing suits will be asked to leave the pool.**

**Are you looking for a new, fun & safe place to have your child's next birthday party??**

**25 Kids  
\$225**

### **Our Club Swimming Pool & Party Room are available to outside groups and families!**

The Club Pool is available to outside community groups for Rentals, Birthday Parties, etc. Community Group must have Certificates of Insurance. Party groups must sign contract with Hold Harmless Agreement.

# Pool Parties

- **2 Hour Rental "Birthday Parties"** – 1 Hour Pool, 1 Hour Party Room includes 1 hour of exclusive use of the pool with 2 lifeguards and 1 hour in a party room.
- Bring food and decorations of your choice.
- Children (4-5 years old) must be accompanied by an adult in the water.
- Children under 4 years old not permitted in the pool.

**Days:** Saturdays 4:00 – 6:00 pm, 5:00 – 7:00 pm  
Sundays 12:00 – 2:00 pm, 3:00 – 5:00 pm, and 4:00 – 6:00 pm

**Fee:** **\$225.00\*** (Maximum 25 children, each additional child \$10.00)  
\*subject to change

**Contact:** Front Desk (No reservations made over the phone – must READ/SIGN contract and pay fee)

**All groups subject to pool Rules & Regulations**



**For information call the Aquatics Department • 973-773-2697 ext131**



**BOYS & GIRLS CLUB**  
OF CLIFTON

## Aquatics Program Grid January – August 2018

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Youth Swim Lessons	4 – 6:55 pm	4 – 6:55 pm	9:15 am – 12:55 pm				
Adult Swim Lessons	7 – 7:45 pm 7:45 – 8:30 pm			7 – 7:45 pm 7:45 – 8:30 pm			
Mom-N-Tot Class		11:45 am – 12:15 pm		11:45 am – 12:15 pm		1 – 1:30 pm 1:30 – 2 pm	
WET Program	11 – 11:45 am			11 – 11:45 am			
Adult Lap Swim	6 am – 1 pm *8:30 – 9:15 pm	6 am – 1 pm *8:30 – 9:15 pm	6 am – 1 pm *8:30 – 9:15 pm	6 am – 1 pm *8:30 – 9:15 pm	6 am – 1 pm		**10 am – 12 pm
Youth Open Swim (Ages 6-17 no adults)		‡4:45 – 5:30 pm		‡4:45 – 5:30 pm	‡4:45 – 5:30 pm		
Family Open Swim						**2 – 4 pm	**1 – 3 pm
Seahawks Swim Team	5:30 – 8:30 pm	5:30 – 8:30 pm	Swim Meets 12 – 4 pm	USAS Meets			
Birthday Parties						4 – 6 pm 5 – 7 pm	12 – 2 pm 3 – 5 pm 4 – 6 pm

\* There is NO Evening Adult Lap Swim from January 1 – February 11, 2018 due to High School swim team season.

\*\* Adult Lap Swim & Family Swim are subject to cancellation due to swim competitions. Check our website for details.

‡ There is NO Youth Open Swim from November 7, 2017 – February 12, 2018 due to High School swim team season.

— See page 3 for Membership Information and Fees. All prices subject to change. —



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