

Summer 2022

Aquatics Program

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.

SUMMER HOURS: July 5 – August 25, 2022 Club closed July 4
Monday-Friday 6:45 am – 9:45 am

No Evening or Saturday/Sunday hours during the Summer due to limited Club hours.
All adults must be out of the locker rooms by 10 am.

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

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.

MONDAYS ONLY:

7/11-8/29: 9:00 – 9:45 am

Fee: \$60.00/session plus adult membership

Youth Swimming Lessons

Each session of swimming consists of 8 classes. Each session costs \$65.00 plus annual membership (\$40). Please see the chart below for registration dates.

All registrations will be online at parentportal.bgclifton.org.

For assistance using the portal, please email helpdesk@bgclifton.org

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

Membership must be current through the entire session you are registering for.

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

Call Scott for an appointment at 973-773-2697 x135

Cancellation/Makeup 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.** Refunds and/or credits will not be issued due to absences. For safety reasons, make up classes are not available due to instructor/student ratios.

How to Register for Youth Swimming Lessons

Swim lesson schedules, pool cancellations, etc. can be found on bgcclifton.org on the Aquatics page. Lesson registrations and memberships can be purchased through our parentportal.bgcclifton.org website. 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/or 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 8 classes. Guppies Swim classes (ages 4 & 5) are 30 minutes with 6 students. Swim Levels 1-6 are 40 minutes with 10 students per class.

- 1.) Please bring your email confirmation or Club receipts to the first day of swim lessons.
- 2.) If your child does not attend to 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 swam with us for more than 1 year, your child must take a swim evaluation. We will evaluate your child and let you know what level is appropriate. Call Scott for evaluation 973-773-2697 x135 Current Membership is required to take evaluation.

How to: Create a Parent Portal Account

- 1.) Go to parentportal.bgcclifton.org, click "New User" button, and fill in parent/guardian email, create a password and security question. Once your information is in the system, check your email link to validate and activate your account.
- 2.) Follow the verification link, log in using the email and previously created password.
- 3.) Complete the parent/guardian information and household information.

How to: Add children as members

- 1.) Navigate to "Profile" tab then scroll down to "Add New Member."
This must be done for each and every child.
- 2.) After this process is done, please allow time to update your account. Accounts will be updated by 11:00 am the following business day. Business days are Monday-Friday.

How to: Pay/Renew Youth Membership

- 1.) Click on the Enroll tab at the top of the page. Using the black down arrow, select the member you wish to pay/renew membership, select the Club/Unit, and then select Youth Membership (Annual 1st child). Select Membership (Annual-additional children) for additional children. Continue to step 2, add to cart, proceed to checkout.*
- 2.) Enter your payment information.

- 3.) Carefully read and accept our Terms and Conditions Agreement.
- 4.) Once you have completed your enrollment you will receive an email confirming your registration. Repeat steps 1, 2 and 3 for each child you wish to enroll.

How to: Enroll Your Child in Swim Lessons

Classes will only show/appear on registration date at the scheduled time. (See Schedule for more details)

- 1.) Click on the Enroll tab at the top of the page. 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.

How to: Use the Parent Portal

- 1.) 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 membership expiration date.
- 2.) To change the language of the website, click the "select language" drop down menu on the top right corner of the page.
- 3.) To see if a class is full, click on the Enroll tab at the top of the page. Select the member you wish to enroll, the Club location, and the service. Continue to step 2. If a class is full/sold out, it will read "Openings: Full". You can add your child to our waiting list, free of charge by clicking "Add (child name)" to the waiting list, located below the session start and end dates. You will be contacted via email if a space becomes available. The waiting list will only apply to the current session only. If no spot becomes available, your child will be automatically removed at the end of the session. You will need to try to enroll on the next registration.

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.

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 through website.
- We recommend to Log-in a few days prior to registration to ensure your password is working and information is current.
- On Registration Day, log-in a few minutes before starting time.
Remember to refresh the page at starting time

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

Youth Swimming Lessons

Summer 2022

Each session of swimming consists of 8 classes. Each session costs \$65.00 plus annual membership (\$40).
Please see the chart below for registration dates.

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Call Scott for an appointment at 973-773-2697 x135

Cancellation/Makeup 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.** Refunds and/or credits will not be issued due to absences. For safety reasons, make up classes are not available due to instructor/student ratios. Parents **WILL** be allowed in the building. **CLASS DATES AND TIMES SUBJECT TO CHANGE**

CLASS DAYS	MONDAY- FOLLOWING FRIDAY	8 LESSONS IN TOTAL-EVERYDAY (2 weeks)			
		1 st Week ONLY (7/5-7/8) - Tuesday to Friday 2 nd to 8 th Week – Monday to Thursday See dates below			
REGISTRATION DATES	6/28 @ 2:00 PM	7/14 @ 2:00 PM	7/28 @ 2:00 PM	8/11 @ 2:00 PM	
CLASS DATES	SESSION I 7/5 - 7/14, NO CLASS 7/4	SESSION II 7/18 - 7/28	SESSION III 8/1-8/11	SESSION IV 8/15-8/25	
GUPPIES	10:45 AM-11:15 AM 11:30 AM-12:00 PM 12:15 PM-12:45 PM	10:45 AM-11:15 AM 11:30 AM-12:00 PM 12:15 PM-12:45 PM	10:45 AM-11:15 AM 11:30 AM-12:00 PM 12:15 PM-12:45 PM	10:45 AM-11:15 AM 11:30 AM-12:00 PM 12:15 PM-12:45 PM	
LEVEL 1	10:45 AM-11:25 AM 11:30 AM-12:10 PM 12:15 PM-12:55 PM	10:45 AM-11:25 AM 11:30 AM-12:10 PM 12:15 PM-12:55 PM	10:45 AM-11:25 AM 11:30 AM-12:10 PM 12:15 PM-12:55 PM	10:45 AM-11:25 AM 11:30 AM-12:10 PM 12:15 PM-12:55 PM	
LEVEL 2	10:45 AM-11:25 AM 12:15 PM-12:55 PM	10:45 AM-11:25 AM 12:15 PM-12:55 PM	10:45 AM-11:25 AM 12:15 PM-12:55 PM	10:45 AM-11:25 AM 12:15 PM-12:55 PM	
LEVEL 3	10:00 AM-10:40 AM 11:30 AM-12:10 PM	10:00 AM-10:40 AM 11:30 AM-12:10 PM	10:00 AM-10:40 AM 11:30 AM-12:10 PM	10:00 AM-10:40 AM 11:30 AM-12:10 PM	
LEVEL 4	10:00 AM-10:40 AM 11:30 AM-12:10 PM 12:15 PM-12:55 PM	10:00 AM-10:40 AM 11:30 AM-12:10 PM 12:15 PM-12:55 PM	10:00 AM-10:40 AM 11:30 AM-12:10 PM 12:15 PM-12:55 PM	10:00 AM-10:40 AM 11:30 AM-12:10 PM 12:15 PM-12:55 PM	
LEVEL 5/6	10:00 AM-10:40 AM 10:45 AM-11:25 AM	10:00 AM-10:40 AM 10:45 AM-11:25 AM	10:00 AM-10:40 AM 10:45 AM-11:25 AM	10:00 AM-10:40 AM 10:45 AM-11:25 AM	
Evening Swim Lessons					
REGISTRATION DATES	6/28 @ 2:00 PM	7/14 @ 2:00 PM	7/28 @ 2:00 PM	8/11 @ 2:00 PM	
CLASS DATES	SESSION I 7/5-7/14	SESSION II 7/18-7/28	SESSION III 8/1-8/11	SESSION IV 8/15-8/25	
LEVEL 1	6:00 PM-6:40 PM	6:00 PM-6:40 PM	6:00 PM-6:40 PM	6:00 PM-6:40 PM	
LEVEL 2	6:00 PM-6:40 PM	6:00 PM-6:40 PM	6:00 PM-6:40 PM	6:00 PM-6:40 PM	
LEVEL 3	6:45 PM-7:25 PM	6:45 PM-7:25 PM	6:45 PM-7:25 PM	6:45 PM-7:25 PM	
LEVEL 4	6:45 PM-7:25 PM	6:45 PM-7:25 PM	6:45 PM-7:25 PM	6:45 PM-7:25 PM	
LEVEL 5/6	6:45 PM-7:25 PM	6:45 PM-7:25 PM	6:45 PM-7:25 PM	6:45 PM-7:25 PM	

NEXT REGISTRATION: Fall Session I Registration 8/25 @ 2:00 PM

*Bathing suits are required for all classes. Children without it will not be allowed to swim.
Bathing Cap is required for anyone with hair below their chin. Caps and Goggles can be purchased at the Aquatics Office.
\$5.00 Caps and \$10.00 Goggles.*

July-August 2022 Swim Programs

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: 8 Lessons, 30 minutes per lesson.
(Limit 15 toddlers per session-minimum of 6 needed to hold class)

Water temperature 82 to 83 degrees Fahrenheit. Wet suit recommended. Not potty trained children must wear swim diapers. Regular diapers will not be permitted.

SUMMER: 5:15 PM-5:45 PM

Tuesdays: July 5-August 23

For ages 6 months-23 months

Wednesdays: July 6-August 24

For ages 2-4 years

Registration: Sign up at the front desk beginning 6/20

Fee: \$65.00 per session plus
1 adult membership required per child
(\$60 for 50/55+)

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: 8 Classes at 40 minutes/class
Minimum of 6 people needed to hold class

SUMMER: Thursdays: July 7-Aug 25
Beginners & Advanced (grouped together)

Fees: \$65.00/session plus adult membership (\$60 or \$50)

Registration: Sign up at the front desk beginning 6/20

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. Adults must be able to swim 2 laps continuously to be permitted in the deep end. Beginners/Learning to Swim and Water Exercise members must use shallow end. Courteous Lap Swim rules will apply: 2 people/lane or 3 or more circle swim. Lifeguards reserve the right to ask members to switch pools.

SUMMER HOURS: JULY 5-AUGUST 26; Club
Closed July 4

Monday-Friday: 6:45 am-9:45am

No Evening or Saturday/Sunday hours during the Summer due to limited Club hours.

All adults must be out of the locker rooms by 10:00 am.

Lap Swim Fees: Adult Silver or Gold Membership required.

Adults (18-54): Adult Silver Membership \$250/year
Seniors (over 55): Adult 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

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.

SUMMER: Mondays: July 11-Aug 29

9:00am-9:45am

Fees: \$60.00/session plus adult membership

Registration: Sign up at the front desk beginning 6/20