



BOYS & GIRLS CLUB
OF CLIFTON

Nicholas Martini Aquatics Center January – August 2023 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 2023 —

New Year’s: January 2 nd	Independence Day: July 4 th
President’s Day: February 20 th	Club Closed: June 26 th - July 4 th
Easter: April 7 th - April 9 th	Club Closed: August 26 th - September 4 th
Memorial Day: May 29 th	

— Pool Staff —

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

Aquatics Program Coordinator
Scott Nerotto
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

Chief Operating Officer
Gregory Reinholt
973-773-2697 ext. 133

Director of Operations
Vilmary Mercado
973-773-2697 ext. 111

**Director of Resource
Development**
973-773-2697 ext. 121

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.*

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

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.

Activity	Fee	Page
Swim Lessons for ages 4-17	\$65 per session	6 & 7
Mom-N-Tot	\$65 per session	8
Lifeguard Training Course	\$230 plus membership	8
Adult Swim Lessons	\$65 per session	9
Adult Water Exercise	\$60 plus adult membership	9
Seahawks Swim Team (April - June Spring) & (July - August Summer)	\$125 for season*	10
Birthday/Pool Rental (Sept. - June)	\$225 up to 25 children, \$10 each additional child	11

**Other fees may apply.*

Swim caps & goggles available for purchase in the Aquatics Office.

Youth Swimming Lessons

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. 8 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. 8 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.* —
Swim caps & goggles available for purchase in the Aquatics Office.

How to Register for Youth Swimming Lessons

Swim lesson schedules, pool cancellations, etc. can be found on bgccliffton.org on the Aquatics page.
Swim lesson registrations and memberships can be purchased through our parentportal.bgccliffton.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 the membership expires during the course of the class, it **MUST be renewed 24-48 hours prior to registration date.**

Registration Information

Parents may only register for one session at a time. All sessions are \$65, which includes 8 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 show your email confirmation/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 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. Level evaluation tests are given Monday-Thursday and Saturdays before and after lessons.

Current Membership is required to take evaluation.

How to: Create a Parent Portal Account

- 1.) Go to parentportal.bgccliffton.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. **(4 years old and up ONLY).**
- 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 e-mail confirming your registration. Repeat steps 1, 2 and 3 for each child you wish to enroll. **(4 years old and up ONLY).**

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, select the club, and then select class.
- 2.) Click on "continue to Step 2," add to cart, proceed to checkout, then enter your payment information.
- 3.) Carefully read our Terms and conditions Agreement to complete enrollment. check box at the bottom of the page.
- 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@bgccliffton.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 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 the website.
- We recommend that you log-in a few days prior to registration to ensure your password and information are 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.

Winter-Spring 2023 Youth Swimming Lessons

Each session of swimming consists of 8 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 will be Online at parentportal.bgccclifton.org.

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

On registration days, customer service representatives can be reached at 973-773-2697 x126 from 2:00-3:00pm.

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 or she must be evaluated.

Level tests are given Monday-Thursday and Saturday before and after swim lessons.

Cancellation/Makeup Policy: classes must be canceled 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.

CLASS DAYS	MONDAY & WEDNESDAY				TUESDAY & THURSDAY				SATURDAY	
REGISTRATION DATES @ 2:00 PM	3/2	3/30	4/27	5/25	3/2	3/30	4/27	5/25	3/2	5/2
CLASS DATES	Winter SESSION II 3/8-4/3	Spring SESSION I 4/5-5/1	Spring SESSION II 5/3-5/31 <i>No Class 5/29</i>	Spring SESSION III 6/5-6/28	Winter SESSION II 3/7-3/30	Spring SESSION I 4/4-4/27	Spring SESSION II 5/2-5/25	Spring SESSION III 5/30-6/22	Winter SESSION II 3/11-5/6, <i>No Class 4/8</i>	Spring SESSION I 5/13-6/24, <i>No Class 5/27</i>
GUPPIES ages 4 & 5 only	5:30-6:00 PM 6:15-6:45 PM				5:30-6:00 PM 6:15-6:45 PM				10:45-11:15 AM 11:30-12:00 PM 12:15-12:45 PM	10:30-11:25 AM 11:30-12:25 PM 12:30-1:25 PM
LEVEL 1	4:00-4:40 PM 5:30-6:10 PM 6:15-6:55 PM				4:00-4:40 PM 5:30-6:10 PM 6:15-6:55 PM				10:45-11:25 AM 11:30-12:10 PM 12:15-12:55 PM	10:30-11:25 AM 11:30-12:25 PM 12:30-1:25 PM
LEVEL 2	5:30-6:10 PM 6:15-6:55 PM				4:45-5:25 PM 5:30-6:10 PM 6:15-6:55 PM				10:00-10:40 AM 10:45-11:25 AM 11:30-12:10 PM	9:30-10:25 AM 10:30-11:25 AM 11:30-12:25 PM
LEVEL 3	4:00-4:40 PM 4:45-5:25 PM				4:00-4:40 PM 4:45-5:25 PM				10:00-10:40 AM 10:45-11:25 AM 11:30-12:10 PM	9:30-10:25 AM 10:30-11:25 AM 11:30-12:25 PM
LEVEL 4	4:00-4:40 PM 4:45-5:25 PM				4:00-4:40 PM				10:00-10:40 AM 12:15-12:55 PM	9:30-10:25 AM 12:30-1:25 PM
LEVEL 5/6	4:00-4:40 PM 4:45-5:25 PM				4:45-5:25 PM				10:00-10:40 AM 12:15-12:55 PM	9:30-10:25 AM 12:30-1:25 PM

Bathing suites are required for all classes. Children without a bathing suit will not be allowed to swim.
A bathing cap is required for anyone with hair below their chin. Caps and goggles can be purchased in the Aquatics Office.
\$5.00 Caps and \$10.00 Goggles

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

Summer 2023 Youth Swimming Lessons

Each session of swimming consists of 8 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 will be Online at parentportal.bgccclifton.org.

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

On registration days, customer service representatives can be reached at 973-773-2697 x126 from 2:00-3:30pm.

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 or she must be evaluated.

Cancellation/Makeup Policy: classes must be canceled 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.

CLASS DAYS	1 st Week-Monday, Wednesday, Thursday & Friday 2 nd Week Monday to Thursday	8 LESSONS IN TOTAL – EVERYDAY (2 weeks)			
		1st Week – Monday, Wednesday, Thursday & Friday 2 nd -8 th Weeks Monday to Thursday (See dates below)			
REGISTRATION DATES	6/27 @ 2:00 PM	7/13 @ 2:00 PM	7/27 @ 2:00 PM	8/10 @ 2:00 PM	
CLASS DATES	SESSION I 7/3-7/13, NO CLASS 7/4	SESSION II 7/17-7/27	SESSION III 7/31-8/10	SESSION IV 8/14-8/24	
GUPPIES	10:45-11:15 AM 11:30-12:00 PM 12:15-12:45 PM	10:45-11:15 AM 11:30-12:00 PM 12:15-12:45 PM	10:45-11:15 AM 11:30-12:00 PM 12:15-12:45 PM	10:45-11:15 AM 11:30-12:00 PM 12:15-12:45 PM	
LEVEL 1	10:45-11:25 AM 11:30-12:10 PM 12:15-12:55 PM 5:15-5:55 PM 6:00-6:40 PM	10:45-11:25 AM 11:30-12:10 PM 12:15-12:55 PM 5:15-5:55 PM 6:00-6:40 PM	10:45-11:25 AM 11:30-12:10 PM 12:15-12:55 PM 5:15-5:55 PM 6:00-6:40 PM	10:45-11:25 AM 11:30-12:10 PM 12:15-12:55 PM 5:15-5:55 PM 6:00-6:40 PM	
LEVEL 2	10:45-11:25 AM 12:15-12:55 PM 4:30-5:10 PM 5:15-5:55 PM 6:00-6:40 PM	10:45-11:25 AM 12:15-12:55 PM 4:30-5:10 PM 5:15-5:55 PM 6:00-6:40 PM	10:45-11:25 AM 12:15-12:55 PM 4:30-5:10 PM 5:15-5:55 PM 6:00-6:40 PM	10:45-11:25 AM 12:15-12:55 PM 4:30-5:10 PM 5:15-5:55 PM 6:00-6:40 PM	
LEVEL 3	10:00-10:40 AM 11:30-12:10 PM 4:30-5:10 PM 6:45-7:25 PM	10:00-10:40 AM 11:30-12:10 PM 4:30-5:10 PM 6:45-7:25 PM	10:00-10:40 AM 11:30-12:10 PM 4:30-5:10 PM 6:45-7:25 PM	10:00-10:40 AM 11:30-12:10 PM 4:30-5:10 PM 6:45-7:25 PM	
LEVEL 4	10:00-10:40 AM 11:30-12:10 PM 12:15-12:55 PM 6:45-7:25 PM	10:00-10:40 AM 11:30-12:10 PM 12:15-12:55 PM 6:45-7:25 PM	10:00-10:40 AM 11:30-12:10 PM 12:15-12:55 PM 6:45-7:25 PM	10:00-10:40 AM 11:30-12:10 PM 12:15-12:55 PM 6:45-7:25 PM	
LEVEL 5/6	10:00-10:40 AM 10:45-11:25 AM 6:45-7:25 PM	10:00-10:40 AM 10:45-11:25 AM 6:45-7:25 PM	10:00-10:40 AM 10:45-11:25 AM 6:45-7:25 PM	10:00-10:40 AM 10:45-11:25 AM 6:45-7:25 PM	

Bathing suites are required for all classes. Children without a bathing suit will not be allowed to swim.
A bathing cap is required for anyone with hair below their chin. Caps and goggles can be purchased in the Aquatics Office.
\$5.00 Caps and \$10.00 Goggles

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

January – June 2023 Swim Programs

Lifeguard Training Course

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

Ages: 15 and up

Days/Time: April/May (dates TBA)

Registration: Sign up in the Aquatics Office

Fee: \$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: 8 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: 12:00 pm - 12:30 pm

Registration: March 28th 9:00 AM front desk

SESSION I: April 4-27

Registration: April 25th 9:00 AM front desk

SESSION II: May 2-25

Registration: May 23rd 9:00 AM front desk

SESSION III: May 30-June 22

SATURDAY ONLY SESSIONS:

1:00 – 1:30 pm For ages 6 months – 23 months

1:30 – 2:00 pm For ages 24 months – 4 years

Registration: March 4th 9:00 AM front desk

SESSION II: March 11- May 6 *No class April 8*

Registration: May 6th 9:00 AM front desk

SESSION III: May 13- June 24 (6 classes) *No class May 27*

SUMMER TUESDAYS or WEDNESDAYS:

5:45 – 6:15 pm For ages 6 months – 23 months

6:15 – 6:45 pm For ages 24 months – 4 years

Registration: June 26th 9:00 AM front

Tuesdays: July 3rd-August 22nd (No Class 7/4)

Wednesdays: July 5th-August 23rd

Youth Open Swim

DAYS/TIMES: TO BE DETERMINED

Ages: 6 & up (NO EXCEPTIONS!)

No one under 6 years of age is permitted in the water!

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.

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

DAYS/TIMES: TO BE DETERMINED

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

Family Swim Rules

All children must be members! We DO NOT offer day passes for friends, neighbors, cousins etc.

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.

Children under 4 years of age are not permitted in the pool! NO EXCEPTIONS!

Children with hair longer than their chin must wear a bathing cap

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

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 3, 2023 at 9:00 am.

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

MONDAY & WEDNESDAY SESSIONS:

SESSION III: March 8 - April 3 Reg: 3/1

SESSION IV: April 5 - May 1 Reg: 3/27

SESSION V: May 3 - May 31 No class May 29 Reg: 4/24

SESSION VI: June 5-June 28 Reg: May 24

7:00 - 7:40 pm Beginners

7:45 - 8:25 pm Advanced

SUMMER: Thursdays: July 6 - August 24
Reg: 6/21

7:30 - 8:15 pm Beginners & Advanced (one class)

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 3 - June 30 2023

Monday - Friday: 6:30 am - 1:00 pm

EVENING HOURS: February 13 - June 29, 2023

Monday - Thursday: 8:30 pm - 9:15 pm

SUMMER HOURS: July 3 - August 25, 2023, Closed July 4

Monday - Friday: 6:30 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 10:00 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

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.

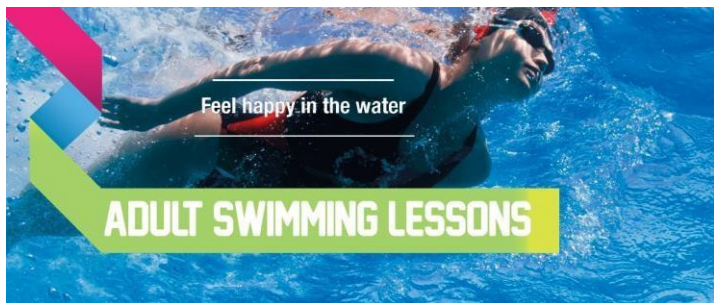
MONDAY SESSIONS: 10:00 - 10:45 am

SESSION II: March 13 - May 1 Reg: March 6 at front desk

SESSION III: May 8 - June 19, No Class May 29 Reg: May 1 at front desk

SUMMER: July 3-August 21 Reg: June 12 at front desk

Fee: \$60.00/ session plus adult membership





"SEAHAWKS" Swim Team

Swimming is a Volunteer Intensive Sport!

www.cliftonseahawks.org

SEAHAWKS Spring Swim Team

April 10 – June 30

TRYOUT: April 5, 2023 at 5:15 pm

Group placement decided by coach. For more information visit our website at www.cliftonseahawks.org

Registration:

- Returning Swimmers: March 6 - 10, 2023
- New Swimmers: April 6 - April 7, 2023

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 10, 2023 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:

• New Swimmers:	Tuesday & Thursday	5:30 - 6:30 pm
• Junior Seahawks:	Mon, Wed, & Fri	5:30 - 6:30 pm
• Bronze:	Monday - Friday	5:30 - 6:30 pm
• Silver:	Monday - Friday	6:30 - 8:00 pm
• Gold:	Monday - Friday	6:30 - 8:30 pm

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.

Dates/Times: July 3 - August 25, 2023, Monday - Friday

• New Swimmers:	Tuesday & Thursday	4:00 - 5:00 pm
• Junior Seahawks:	Mon, Wed, & Fri	4:00 - 5:00 pm
• Bronze:	Monday - Friday	4:00 - 5:00 pm
• Silver & Gold:	Monday - Friday	5:00 - 6:45 pm

Registration:

- Returning Swimmers: June 12 - 16, 2023
- New Swimmers: June TBA

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 10:00 am - 1:00 pm

Each day consists of 3 hours:

- Dry land in the gym 10:00 - 11:00 am. Includes running, weight training & intense cardio. come in your gym clothes and sneakers and meet the coach in the gym.
- Video 11:00 am - 12:00 pm
- Stroke development in the pool 12:00 pm - 1:00 pm

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: TBA

Space limited to 20 children per week. First come, first serve basis! SIGN UP EARLY!!!

Week 1:	July 3 - 7	Freestyle
Week 2:	July 10 - 14	Backstroke
Week 3:	July 17 - 21	Butterfly
Week 4:	July 24 - 28	Breaststroke
Week 5:	July 31 - August 4	Starts & Turns
Week 6:	August 7 - 11	Freestyle/Backstroke
Week 7:	August 14 - 18	Breaststroke/Butterfly
Week 8:	August 21 - 25	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.



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.
33. **Club equipment is for Swim team and swim lessons use only! Member may NOT use equipment during youth open swim or family open swim. NO EXCEPTIONS!**

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 2:00 - 4:00 pm, 3:00 - 5:00 pm, 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 ext: 135



BOYS & GIRLS CLUB
OF CLIFTON



BOYS & GIRLS CLUB
OF CLIFTON

Aquatics Program Grid January – June 2023

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Youth Swim Lessons	4:00–7:00 PM	4:00–7:00 PM	4:00–7:00 PM	4:00–7:00 PM		10:00–1:00 PM	
Adult Swim Lessons	7:00–7:40 PM 7:45–8:25 PM		7:00–7:40 PM 7:45–8:25 PM				
Mom-N-Tot class						1:00–1:30 PM 1:30–2:00 PM	
WET Program	10:00–10:45 AM						
Adult Lap Swim	6:30 am– 1 pm *8:30–9:15 pm	6:30 am–1 pm *8:30–9:15 pm	6:30 am–1 pm *8:30–9:15 pm	6:30 am–1 pm *8:30–9:15 pm	6:30 am–1 pm		
Seahawks Swim Team	5:30 – 8:30 PM	5:30 – 8:30 PM	5:30 – 8:30 PM	5:30 – 8:30 PM	5:30 – 8:30 PM		
Birthday Parties						2:00-4:00 PM 3:00-5:00 PM 4:00-6:00 PM	

** Adult Lap Swim is subject to cancellation due to swim competitions. check our website for details.

*** Summer Schedule (July & August 2023 found on page 7)

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