



The Swim School at American University



WINTER 2019

12-week session

January 15 – April 28, 2019

(Registration opens November 3rd at 8:00 am)

American University

4400 Mass. Ave. NW, Washington, DC 20016

NCAP Swim School Registration

All NCAP Swim School registration is processed via our online system.

Visit our Home Web Page at www.nationscapitalswimschool.com

- You will be directed to a link for the [registration page](#)
- You must fill in the "Parent Info" page first – then it will direct you to the page listing all classes, times, etc. If a class does not appear, it is full. Not all classes are offered every day at every time slot. You must fill in all information properly in order to proceed to the next step.
- Any registration questions email: registration@nationscapitalswimming.com
All other questions email: swimschool@nationscapitalswimming.com

Program Fees

Water babies/Tots (30 minutes)

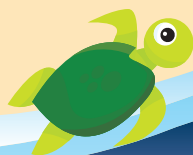
1 Class/Week: \$350

PreSchool/School Age - Sea Frog

1 Class/Week (Mon-Thur): \$400

1 Class/Week (Sunday only): \$425

2 Classes/Week (Mon-Sun): \$700



Class Schedule by Day

SUNDAY:	MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY (PRIVATE):
Jan. 20, 27	Jan. 21, 28	Jan. 15, 22, 29	Jan. 16, 23, 30	Jan. 17, 24, 31	Jan. 18, 25
Feb. 3, 10, 17, 24	Feb. 4, 11, 18, 25	Feb. 5, 12, 19, 26	Feb. 6, 13, 20	Feb. 7, 14, 21, 28	Feb. 1, 8, 15, 22
March 3, 17, 24, 31	March 4, 18, 25	March 5, 19, 26	March 6, 20, 27	March 7, 21, 28	March 1, 22, 29
April 7, 14	April 1, 8, 15	April 2, 9	April 3, 10, 17	April 4, 11	April 5, 12, 19, 26

No Swim School February 27 (AU Conference Swim Meet), March 10-16 (AU Spring Break).

No private lessons March 8 and March 15 (AU Spring Break).

Each swimmer is allowed one make-up day. Make-up sessions offered Tuesday, April 16 and Thursday, April 18, 2019.



Contact us at:

Registration questions email: registration@nationscapitalswimming.com

All other questions email: swimschool@nationscapitalswimming.com



Swim School Policies

- Please be reminded that we are guests of The American University.
- Flash Passes MUST BE SHOWN for admittance downstairs to the pool level. This is for your child's security. Passes will be distributed on the first day.
- Children 6+ must use the appropriate gender locker room or come through the office. Do not change your child in the hallway.
- Parents must view classes from upstairs. If you are in the hallway, NCAP or AU personnel will ask that you go up to the lobby. There are no exceptions.
- The following make-up sessions will be offered at the end of the session: Tuesday, April 16 and Thursday, April 18, 2019.

Directions to the Reeves Aquatic Center at AU

The pool is located at the heart of the university campus. Taking the Glover gate entrance from Massachusetts Avenue, head through three stop signs and under the 'tunnel'. At the third stop sign take a right and u-turn into the parking garage. Please park on the 7th floor. Take the stairs to the 6th floor, then the elevator down to the first floor. Take a left out of the elevator through the double doors to the main lobby of the fitness center. On the left again you will see the entrance to the gym. We will wait for you there and welcome you for the first week of classes.

Ages 6 months – 3 years



Waterbabies/Tots

This class is designed to introduce young children to water and swimming through games, songs, and routines. The classes encourage children to swim, breathe, and be comfortable underwater and floating on their backs. With a parent/guardian in the water with them.

30-minute lesson/max 10

Sunday 4:00pm / 4:30pm



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To Register go to www.nationscapitalswimming.com
Under the registration tab click on "Swim School"

Preschool Level - Ages 3 - 5 years



Minnows

Beginner

Child does not need any experience but must be able to separate from parent and child must be a minimum of 3 years of age by the 1st day of class. This class teaches children to dogpaddle unaided, float on their back & put their face in the water.

30-minute lesson/1:4 ratio

Sunday 4:00pm / 4:30pm / 5:00pm / 5:30pm

Monday - Thursday 5:00pm / 5:30pm / 6:00 pm

Guppies

Intermediate

Minimum skills needed. Child needs to be able to put face in the water, swim 5 feet unaided and float independently on their back. This class introduces freestyle and kicking on their back.

30-minute lesson/1:5 ratio

Sunday 4:00pm / 4:30pm / 5:00pm / 5:30pm

Monday - Thursday 5:00pm / 5:30pm / 6:00pm

Turtle

Intermediate

Minimum skills needed. Child needs to be able to swim unaided 10 feet and kick on their back 10 feet. This class teaches proper freestyle and begins introducing backstroke and rotary breathing techniques.

30-minute lesson/1:5 ratio

Sunday 5:00pm / 5:30pm

Monday & Wednesday 5:00pm / 5:30pm / 6:00pm

Tuesday & Thursday 5:00pm / 6:00 pm

School Age - 6+ years



Otters

Beginner

Child does not need any experience. This class teaches children to be comfortable in the water, getting their face wet and floating on their front and back.

30-minute lesson/1:5 ratio

Sunday 4:00pm / 5:30pm

Tuesday & Thursday 5:30 pm

Seals

Advanced

Minimum skills needed. Child needs to be swim 15 feet of freestyle and of backstroke. This class continues to improve rotary breathing techniques and leg stroke form for freestyle and backstroke. Students will work on endurance and ability to swim the length of the pool.

30-minute lesson/1:5 ratio

Sunday 5:00pm / 5:30pm

Monday - Thursday 5:00pm / 5:30pm / 6:00pm

Sea Frogs

Advanced

Minimum skills needed. Child needs to be able to swim freestyle and backstroke for the full length of the pool; including rotary breathing. Introduces other strokes and continues to improve stroke technique for freestyle and backstroke.

30-minute lesson/1:5 ratio

Sunday 4:00pm / 4:30pm / 5:00pm / 5:30pm

Monday - Thursday 5:00pm / 5:30pm

Tuesday & Thursday 6:00 pm

Parents:

Please be sure that your child can perform the minimum skills required for each level prior to signing them up. Changes, refunds and credits are very difficult once you have registered.

If your child is ill, do not bring them to class. If a child vomits or poops in the pool, the pool must be closed and there will be no refunds or make ups to any class as a result and the need to be canceled. Please make sure they use the bathroom prior to class. Do not feed your children right before class. Also it is strongly advised not to let your children take a nap right before class.