



# The Swim School at American University

## WINTER/SPRING 2023

12-week session  
**January 22 – April 30, 2023**

Registration opens November 12, 2022

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 website at [www.nationscapitalswimming.com/learn-to-swim-school](http://www.nationscapitalswimming.com/learn-to-swim-school) to review class offerings.

- 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: [swimschool@nationscapitalswimming.com](mailto:swimschool@nationscapitalswimming.com)
- **ALL CHILDREN OF ALL AGES MUST BE FULLY VACCINATED AGAINST COVID-19 TO JOIN THE WINTER/SPRING 2023 SESSION. THERE ARE NO EXCEPTIONS TO THIS UNIVERSITY POLICY.**



### GROUP CLASS Schedule by Day

**OFFERED: Sundays at 4:00pm, 4:35pm, 5:10pm, and 5:45pm  
Monday-Thursday at 4:50pm, 5:25pm, and 6:00pm**

#### SUNDAY:

January 22, 29  
February 5, 12, 19, 26  
March 5, 26  
April 2, 16, 23, 30

#### MONDAY:

January 23, 30  
February 6, 13, 20, 27  
March 6, 20, 27  
April 3, 10, 17

#### TUESDAY:

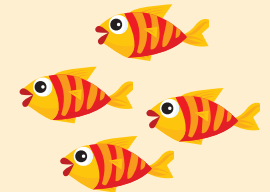
January 24, 31  
February 7, 14, 21, 28  
March 7, 21, 28  
April 4, 11, 18

#### WEDNESDAY:

January 25  
February 1, 8, 15, 22  
March 1, 8, 22, 29  
April 12, 19, 26

#### THURSDAY:

January 26  
February 2, 9, 16, 23  
March 2, 9, 23, 30  
April 6, 13, 20



#### NO SWIM SCHOOL:

Friday, March 10<sup>th</sup> – Sunday, March 19<sup>th</sup> (AU Spring Break)

Wednesday, April 5<sup>th</sup> (Passover)

Sunday, April 9<sup>th</sup> (Easter)

Each swimmer is allowed one make-up day. Make-up sessions offered:  
**Monday, April 24 | Tuesday, April 25 | Thursday, April 27**

### PRIVATE LESSON Schedule by Day

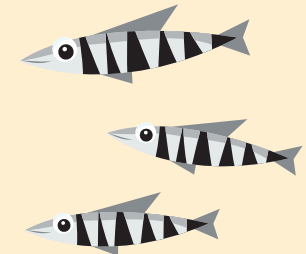
**OFFERED: Fridays at 4:50pm, 5:25pm, and 6:00pm  
(THE LARGE POOL IS NOT AVAILABLE, WE APOLOGIZE FOR THE INCONVENIENCE).**

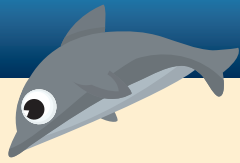
#### FRIDAY:

January 20, 27  
February 3, 10, 17, 24  
March 3, 24, 31  
April 7, 14, 21, 28

#### NO SWIM SCHOOL:

Friday, March 10<sup>th</sup> and  
Friday, March 17<sup>th</sup> (AU Spring Break)





## Program Fees

### Group Lessons - 12 weeks

Weekday class	\$450
Sunday class	\$475

### Private Lessons -30 minutes

Private	\$60/swimmer
---------	--------------

*\*Semi-privates will not be offered this session*

## Parents:

Please be sure that your child can perform the minimum skills required for each level prior to signing them up.

**ALL CHILDREN OF ALL AGES MUST BE FULLY VACCINATED AGAINST COVID-19 TO JOIN THE WINTER/SPRING 2023 SESSION. THERE ARE NO EXCEPTIONS TO THIS UNIVERSITY POLICY.**

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. 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.



## Ages 3 - 5 years



### Minnows

#### Beginner (3-5 years)

Child does not need any experience in the pool but must be able to separate from parents and must be 3 years of age by the 1<sup>st</sup> day of class. This class teaches kids how to dog paddle independently, float unaided on their back, put their face comfortably in the water, and climb in and out of the pool unaided.

#### 30-minute lesson/1:3 ratio

SUNDAY 4:00pm | 4:35pm | 5:10pm | 5:45pm  
MONDAY - THURSDAY 4:50pm | 5:25pm | 6:00pm

### Guppies

#### Intermediate (3-5 years)

**Skills needed to enroll:** Child needs to be comfortable putting their face in the water, needs to swim 5 feet independently in a dog paddle, and float unaided on their back. This class will teach basic freestyle techniques, kicking on the child's back unaided and swimming with the child's face in the water.

#### 30-minute lesson/1:4 ratio

SUNDAY 4:00pm | 4:35pm | 5:10pm | 5:45pm  
MONDAY - THURSDAY 4:50pm | 5:25pm | 6:00pm

## Ages 4 - 8 years



### Turtles

#### Intermediate (4-7 years)

**Skills needed to enroll:** Swim 10 feet unaided in a basic freestyle stroke, including putting their face in the water, and kicking on their back unaided for 5 feet. This class will teach proper freestyle, introduce rotary breathing techniques and basic backstroke.

#### 30-minute lesson/1:4 ratio

SUNDAY 4:00pm | 4:35pm | 5:10pm | 5:45pm  
MONDAY - THURSDAY 4:50pm | 5:25pm | 6:00pm

### Seals

#### Advanced (4-8 years)

**Skills needed to enroll:** 10 feet of freestyle with basic rotary breathing, 5-10 feet of basic backstroke. This class will improve rotary breathing, teach legal freestyle and backstroke, and strengthen endurance and ability to swim the full length of the pool.

#### 30-minute lesson/1:6 ratio

SUNDAY 4:00pm | 4:35pm | 5:10pm | 5:45pm  
MONDAY - THURSDAY 4:50pm | 5:25pm | 6:00pm

### Sea Frogs

#### Advanced (5-8 years)

**Skills needed to enroll:** Child needs to be able to swim one length of the pool in proper freestyle and backstroke, including rotary breathing. This class improves stroke technique and endurance during freestyle and backstroke and ensures both strokes are legal. Begins to introduce basic breaststroke.

#### 30-minute lesson/1:7 ratio

SUNDAY 4:00pm | 4:35pm | 5:10pm | 5:45pm  
MONDAY - THURSDAY 4:50pm | 5:25pm | 6:00pm