



The Swim School at American University

SUMMER 2023

10-week session

June 4th - July 30th

Registration opens:

- Currently enrolled families: April 15th
- Not currently enrolled families: April 22nd

American University

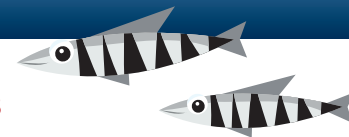
4400 Mass. Ave. NW, Washington, DC 20016

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 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.
- All children eligible for the Covid-19 vaccination will be required to be fully vaccinated to join the Summer 2023 session.

Contact Us All questions email swimschool@nationscapitalswimming.com



OPTION 1 | 4: 2 week intensives

Register for 3 get 4th FREE

(email swimschool@nationscapitalswimming.com to receive the discount)

Class every day Monday - Thursday | 8 classes

SESSION	DATES	TIMES	PRICE
Session 1	June 5 - June 15	4:50 PM	\$300
Session 2	June 20 - June 29	4:50 PM	\$300
NO CLASS on June 19, make-up class will be held Friday, June 23			
Session 3	July 3 - July 13	4:50 PM	\$300
NO CLASS on July 4, make-up class will be held Friday, July 7			

Session 4 July 17 - July 27 4:50 PM \$300

Group Class No Swim Dates: July 4th (Federal holiday), June 19th (Federal holiday)

OPTION 2 | 2: 4 week sessions | 1 class/week | \$150

SESSION	DATES	TIMES	DAYS
June Session	June 5 - June 29	5:25 & 6:00 PM	Mon/Tues/Wed/Thurs
NO CLASS on June 19, make-up class will be held Friday, June 23			
July Session	July 3 - July 27	5:25 & 6:00 PM	Mon/Tues/Wed/Thurs
NO CLASS on July 4, make-up class will be held Friday, July 7			

Group Class No Swim Dates: July 4th (Federal holiday), June 19th (Federal holiday)

PRIVATE LESSONS

7 weeks | Mon-Thurs & Sundays | 30 minutes | \$60 each

DAY	TIMES	DATES
Sunday	2:15, 2:50, 3:25, 4:00 PM	June 4, 11, 25 / July 2, 9, 16, 23, 30
Monday	9:00 AM	June 26 / July 10, 17, 24
Tuesday	9:00 AM	June 27 / July 11, 18, 25
Wednesday	9:00 AM	June 28 / July 5, 12, 19, 26
Thursday	9:00 AM	June 29 / July 6, 13, 20, 27

Private Lesson No Swim Dates: June 18th (Father's day)



Program Fees

2-week Intensives

Session 1, 2, 3, 4 \$300

***Register for 3, get 4th free**

(email swimschool@nationscapitalswimming.com to receive the discount)

4-week Sessions (1 class/week)

June Session \$150

July Session \$150

Private Lessons (1 on 1 instruction)

Private \$60/swimmer

**semi-private lessons not available*

Parents:

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

All children eligible for the Covid-19 vaccination will be required to be fully vaccinated to join the Summer 2023 session.

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 1st 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

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



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

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

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

