



# The Swim School at American University

## WINTER 2022

10-week session  
**January 24 – April 24, 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: [sugast@nationscapitalswimming.com](mailto:sugast@nationscapitalswimming.com)
- **All children eligible for the Covid-19 vaccination will be required to be fully vaccinated to join the Winter 2022 session.**



### GROUP CLASS Schedule by Day

**OFFERED:** *Sundays at 4:00pm, 4:40pm, 5:20pm, and 6:00pm*  
*Tuesday-Thursday at 4:50pm, 5:20pm, and 6:00pm*

#### SUNDAY:

January 30  
February 6, 13, 20, 27  
March 20, 27  
April 3, 10, 24

#### TUESDAY:

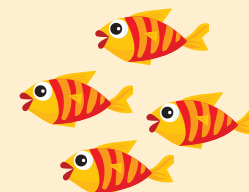
January 25  
February 1, 8, 15, 22,  
March 1, 15, 22, 29  
April 5

#### WEDNESDAY:

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

#### THURSDAY:

January 27  
February 3, 10, 17, 24  
March 3, 17, 24, 31  
April 7



#### NO SWIM SCHOOL:

Wednesday, February 23rd (AU Swim Meet)  
Sunday, March 6th-Sunday, March 13th (AU Spring Break)  
Sunday, April 17th (Easter)

Each swimmer is allowed one make-up day. Make-up sessions offered:  
**Monday, April 11 | Tuesday, April 12 | Thursday, April 14**

### PRIVATE LESSON Schedule by Day

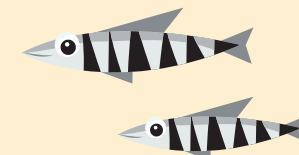
**OFFERED:** *Monday and Fridays at 4:50pm, 5:20pm, and 6:00pm*

#### MONDAY:

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

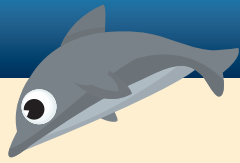
#### FRIDAY:

January 28  
February 4, 11, 18, 25  
March 18, 25  
April 1, 8, 15



#### NO SWIM SCHOOL:

Friday, March 4 thru Friday, March 11 (AU Spring Break)



## Program Fees

### Group Lessons - 10 weeks

Weekday class	\$375
Sunday class	\$400

### Private Lessons -30 minutes

Private	\$55/swimmer
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*\*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 eligible for the Covid-19 vaccination will be required to be fully vaccinated to join the Winter 2022 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 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 | 4:40pm | 5:20pm | 6:00pm  
TUESDAY - 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/1:3 ratio

SUNDAY 4:00pm | 4:40pm | 5:20pm | 6:00pm  
TUESDAY - 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/1:3 ratio

SUNDAY 4:00pm | 4:40pm | 5:20pm | 6:00pm  
TUESDAY - 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/1:4 ratio

SUNDAY 4:00pm | 4:40pm | 5:20pm | 6:00pm  
TUESDAY - 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/1:6 ratio

SUNDAY 4:00pm | 4:40pm | 5:20pm | 6:00pm  
TUESDAY - THURSDAY 4:50pm | 5:25pm | 6:00pm