

# Dennis Munson Aquatic School

**Dennis Munson, Director, at 666-8069 x115**  
**Robert Rishel, Asst. Director, at 666-8069 x117**

## Aquatic Policy

**Please do not ask the Front Desk or Registrar which class to enroll your child in; please see/call an Aquatics person.**

**Please do not leave the building while your child is swimming due to unexpected needs your child may have. Please do not change children on pool deck.**

### SWIM ABILITY TESTING:

Evaluations, available by appointment, are scheduled during youth swim times. Please call the Aquatic Department at 914-666-8069 ext. 117.

### LESSONS: Sept. 14 - Nov 11, 2009

Please check in at Front Desk prior to each class. During the first week of class if Aquatic staff determines that your child is not ready (or too advanced) for the class he/she is registered in, you will be given a request to change card by staff. Go to Front Desk with change card to make changes.

### SPECTATOR DAYS:

September 14-19, Nov 12 & 14, 16-19, 21, 23-25  
 (This is the only time available to observe on the deck.)

**EVALUATION WEEK:** Nov 12 & 14, 16-18. Swimmers will be evaluated to determine degree of achievement. No child fails; they are merely delayed until able to master all required skills.

**MAKE-UP WEEK:** Nov 19 & 21, 23-25. First make-up is to be scheduled on your day and time. Second make-up is based on availability (If you miss your make-up, there is no make-up for it.) Schedule second makeups at Front Desk before Nov 19.

**ELECTRICAL STORMS:** In accordance with Public Health & Safety Laws, Aquatic classes will be halted in severe electrical storms. If the class has been in session for at least 15 minutes, there will be no make-up.

**LOCKERS** are for use only during the time you are in the building. If locks are left on, they are subject to removal without prior notice. We are not responsible for locks or personal items.

**SWIM CAPS** must be worn by all swimmers whose hair is below their ears, except Water Explorers. Caps may be purchased at the Front Desk.

**ILLNESS:** Please do not send children to lessons if they are ill, have a cold, cough or fever.

**FAMILY SWIM:** Sat 2:00-3:00. Free for Members and Parent/Guardian. Parent/Guardian must accompany Club member, wear bathing suit and be in the water. Swim cap rule is in effect. **No spectators allowed at this time.**

**YOUTH SWIM:** Mon-Th 3:00-4:00pm and Sat 12:00-1:00. Free to all members age 8 and up. Must be in Level 3 or higher or stand 50 inches at chin. Swim cap rule is in effect.

## Pre-School Safety & Swim Programs

1/2 Hour Classes Fees - Mon, Th, Sat: \$150; Tues, Wed: \$165

### Multiple Child Discount applies.

Using American Red Cross standards, these programs build swimming readiness through guided practice within a safe and fun atmosphere. Elementary skills taught include: kicking on front/back, blowing bubbles, arm/stroke execution, and body coordination. Safety skills are also taught. Swim caps are required for children in 3 year class and up if hair is below the ears.



### WATER EXPLORERS

**Code 6252A**

Recommended age - 6 months to 3 1/2 years with adult. Have fun in the pool with your Water Explorer with songs, games, and activities that will help you and your child be safer and more comfortable in the water. Submersion is your choice. No previous experience is needed. Swim diapers must be worn under child's bathing suit, if needed.

M	T	W	Th	F	S
-	-	-	-	-	9:00
-	-	-	-	-	10:00
-	-	-	-	-	11:00

### DAYTIME DOLPHINS

**Code 6252E**

**PRE-SCHOOL BEGINNER.** NO parental assistance. For three, four and five year olds. Little or no swimming experience needed. Breathing, kicking and beginner strokes are taught. Swim caps are required if hair is below the ears.

M	T	W	Th	F	S
1:00	1:00	1:30	1:30	-	-
2:00	1:30	-	-	-	-
2:30	2:00	-	2:00	-	-

### WISE WHALES

**Code 6252F**

**PRE-SCHOOL INTERMEDIATE/ADVANCED.** NO parental assistance. Three, four and five year olds who are able to swim independently 15 feet on front and at least 5 feet on back. Swim caps are required if hair is below the ears.

M	T	W	Th	F	S
1:30	-	1:00	1:00	-	-

### ALL DAY ALLIGATORS

**Code 6252D**

**PRE-SCHOOL BEGINNER/INTERMEDIATE/ADVANCED.** NO parental assistance. For three, four and five year olds having any level of proficiency. Swim caps are required if hair is below the ears.

M	T	W	Th	F	S
3:45	3:45	4:00	-	-	-

### SATURDAY STINGRAYS

**Code 6252G**

**PRE-SCHOOL BEGINNER/INTERMEDIATE/ADVANCED.** NO parental assistance. A combined class for three, four and five year olds having any level of proficiency. Swim caps are required if hair is below the ears. Saturdays only

8:30 9:30 10:00 10:30 11:30 2:00

**CLUB CLOSED OCT. 12, NOV. 26, 27, 28**

## Marlins Swim Team SEPT. THROUGH JUNE

- 11-time Boys & Girls Club of America National Champions
- Ranked: 52nd Nationally out of 2,454 Clubs.  
13th in Eastern Zone out of 629 Clubs.  
3rd in Metropolitan Zone out of 61 Clubs.
- The majority of Marlin's Members began swimming at the Boys & Girls Club of Northern Westchester.

Tryouts Sept. 9, 10, 11, 4:30-6:30 pm Call Dennis Munson at 666-8069, ext. 115 for an appointment.

	Novice	Junior	Senior
Monday	5:00-6:30pm	-	6:30-8:30pm
Tuesday	-	5:00-6:30pm	6:30-8:30pm
Wednesday	4:00-5:00pm	5:00-6:00pm	6:00-7:30pm
Thursday	4:00-5:00pm	5:00-6:30pm	6:30-8:30pm
Friday	3:30-4:30pm	6:30-8:00pm	4:30-6:30pm
Saturday	-	3:00-4:45pm	7:00-9:00am
Sunday	8:00-9:00am	9:00-10:30am	10:30-12:30pm

**Swim Team Fees: 8 & Under \$1725**  
**9-12 \$1825 • 13 & over \$2000**  
*Plus \$50 membership fee per child*

### Home Meets:

Oct 10 & 11, Nov 14 & 15, Dec 5 & 6, Jan 23 & 24



## School-Age Safety Swim & Fitness Programs

Half-hour Classes, Levels 1, 2 and 3  
**Fees - Mon, Th, Sat: \$150; Tues, Wed: \$165**

### LEVEL 1 & 2: INTRODUCTION TO WATER AND FUNDAMENTAL AQUATIC SKILLS Code 6262AA

Little or no swimming skills are necessary to enroll.

M	T	W	Th	F	S
4:15	4:15	-	4:00	-	9:30
4:45	-	4:30	4:30	-	10:30
-	-	-	-	-	11:00
-	-	-	-	-	1:30

### LEVEL 3: STROKE DEVELOPMENT Code 6262BB

Must pass Level 2 or must swim 20 feet on front and back unaided.

M	T	W	Th	F	S
4:00	4:00	4:00	4:00	-	9:00
4:30	4:30	4:30	4:30	-	10:30
5:00	-	-	-	-	11:30
-	-	-	-	-	1:00

## School-Age Safety Swim & Fitness Programs

45 min. Classes, Levels 4, 5 and 6  
**Fees - Mon, Th, Sat: \$160; Tues, Wed: \$176**

**Multiple Child Discount applies.** Minimum Age 6 or in a Full Day Kindergarten. Not suited for preschool children. Swim caps are required if hair is below the ears.

### LEVEL 4: STROKE IMPROVEMENT Code 6262CC

Must pass Level 3 or must swim front crawl with rotary breathing and elementary back stroke 15 yards each, dive and tread water.

M	T	W	Th	F	S
4:00	4:00	4:00	4:00	-	9:00
4:45	-	-	-	-	11:00
-	-	-	-	-	2:00

### LEVEL 5/6: STROKE REFINEMENT/ PERSONAL WATER SAFETY Code 6262DD

Must pass level 4 or must swim front crawl and elementary backstroke 25 yards, breaststroke and back crawl 15 yards, tread water 2 minutes.

M	T	W	Th	F	S
4:00	-	4:00	-	-	9:45

### COMPETITIVE STROKE CLINIC Code 6262EE

**1 hour.** Must have been in Level 4 for at least one session - or be in level 5/6 - or have coaches' approval after evaluation. Skills for competitive swimming and overall fitness.  
 Mon. 5:30-6:30; Tues. 4:00-5:00; Sat. 1:00-2:00

	Mon.	Tue.	Sat.
1st child	\$203	\$224	\$203
2nd child	\$183	\$202	\$183
3rd child	\$193	\$213	\$193

(10% discount 2nd child; 5% discount 3rd child.)

