



2019/2020 Junior Swim Program Fall-Winter-Spring

Clinic Schedule:

- I. September 9 - November 1 (8 weeks)
- II. November 4 - December 20 (7 weeks)
- III. January 6 - March 6 (8 weeks)
- IV. March 16 - May 22 (9 weeks)

No clinics during the following weeks:

December 23 & December 30
February 17 (public school vacation)
March 9 - 24 (private school vacation)
April 20 (public school vacation)

QuickStart Swim Program

Wightman's *NEW* QuickStart Swim Program is a spin-off from the QuickStart Tennis Program. Paired back-to-back with tennis lessons for easy scheduling, the QuickStart Swim Program is designed to encourage lifelong enjoyment of the sport, as well as promote safety in and around the water.

Tiny Tots Swim Class (Ages 3-4 years, 30-minutes)

QuickStart Swim Program for children with little or no swimming experience. Children will build confidence in the water while learning pool safety and basic swimming skills, such as front/back float, full submersion, entering and exiting the pool safely, and beginning front and back crawl.

- Time: Monday 3:15 - 3:45 p.m. and/or Wednesday 1:15 - 1:45 p.m.
- Price: \$160.00 / 8-week session; \$20.00 / individual class (space permitting)

Little Lobsters Swim Class (Ages 5-6 years, 30-minutes)

QuickStart Swim Program designed to build upon the fundamentals taught in the Tiny Tots Program. Children will be introduced to diving, breaststroke, and butterfly, as well as work toward mastering front and back crawl.

- Time: Monday 4:45 - 5:15 p.m. and/or Wednesday 3:15 - 3:45 p.m.
- Price: \$160.00 / 8-week session; \$20.00 / individual class (space permitting)

Ace Kickers Swim Clinic (Ages 7-8 years, 1-hr)

QuickStart Swim Program designed to build upon skills learned in Little Lobsters. There will be an emphasis on refining stroke technique, deep and shallow diving, as well as an added focus on building endurance.

- Time: Tuesday 5:15 - 6:15 p.m. and/or Thursday 5:15 - 6:15 p.m.
- Price: \$240.00 / 8-week session; \$30.00 / individual class (space permitting)



Hot Shots Swim Clinic (Ages 9+, 1-hr)

QuickStart Swim Program builds upon skills learned in Ace Kickers. Continued focus on refining stroke technique and building endurance. Children will be introduced to using a pace clock, as well as reading and creating their own workouts.

- Time: Tuesday 3:45 - 4:45 p.m. and/or Thursday 3:45 - 4:45 p.m.
- Price: \$240.00 / 8-week session; \$30.00 / individual class (space permitting)

Competitive Swim Clinics

Junior Varsity Clinic (Ages 8+ based on ability, 1-hr)

For the aspiring team swimmer looking for competition, technique and conditioning.

- Time: Monday 5:15 - 6:15 p.m. and/or Wednesday 4:15 - 5:15 p.m.
- Price: \$240.00 / 8-week session; \$30.00 / individual class (space permitting)

SWIMMING CLINICS POLICIES & RULES


Length of clinic depends on the number of participants as follows:

<p>For 1-hour swim clinics:</p>
--

- | |
|--|
| <p>1 swimmer = 30-min class
2 swimmers = 45-min class
3+ swimmers = 60-min class</p> |
|--|

Payment and Registration

Clinics will be pre-paid for each full session. Sign-ups will be made available no earlier than 1 month prior to each session's start date. Registration will be made on a first come, first served basis. For any questions about clinic placement or guidance, please contact wightmantennis@gmail.com.





Junior Swim Program Registration Form - Fall 2019

Submit registration forms to the front desk or email to wightmantennis@gmail.com.

Name: _____ Age: _____

Email: _____ Parent's Signature: _____

Session dates: Monday, September 9 - Friday, November 1
Registration starts: Wednesday, August 7, 2019
Registration deadline: Thursday, September 5, 2019

QUICKSTART SWIM PROGRAM *(Prices listed below each title.)*

Tiny Tots Class (Ages 3-4 years)

(\$160 / 8-weeks, \$20 / individual class)

- Monday 3:15 – 3:45pm
- Wednesday 1:15 – 1:45pm

Hot Shots Clinic (Ages 9+)

(\$240 / 8-weeks, \$30 / individual class)

- Tuesday 3:45 – 4:45pm
- Thursday 3:45 – 4:45pm

Little Lobsters Class (Ages 5-6 years)

(\$160 / 8-weeks, \$20 / individual class)

- Monday 4:45 – 5:15pm
- Wednesday 3:15 – 3:45pm

Ace Kickers Clinic (Ages 7-8 years)

(\$240 / 8-weeks, \$30 / individual class)

- Tuesday 5:15 – 6:15pm
- Thursday 5:15 – 6:15pm

COMPETITIVE JUNIOR SWIM CLINICS *(\$240 / 8-weeks, \$30 / individual class)*

Junior Varsity Swim Clinic (Ages 8+ based on ability)

- Monday 5:15 – 6:15pm
- Wednesday 4:15 – 5:15pm

Payment and Registration

Clinics will be pre-paid for each full session. Sign-ups will be made available no earlier than 1-month prior to each session's start date. Registration will be made on a first come, first served basis. For any questions about clinic placement or guidance, please contact Cory Grimes at cory@wightmantennis.org