



Spring Group Swim Lessons

Registration begins: Monday, March 10th, 2025 at 9:00 AM

Register on RecDesk: OCNJ.RECDESK.COM

Saturdays - March 22nd - April 26th (6 Lessons)

Dates - (3/22, 3/29, 4/5, 4/12, 4/19, 4/26)



OCNJ.RECDESK.COM

Tadpoles - Parent & Tot: 6 months - 3 ½ years old

Saturdays 9:00am - 9:30am



Parent/Adult participation is required. This class is designed to introduce and acclimate your young child to the water. Adults will learn proper holding positions, cues, and how to create a positive first experience, while children will practice water basics such as bubble blowing, assisted back floats, and arm and leg movements. The main focus is to help your child feel comfortable in the water in a fun and positive environment.

Members - \$45 Non-Members - \$90

Sea Horse - Level 1: 3 ½ years old - 8 years old

Saturdays 9:30am - 10:00am

Saturdays 10:00am - 10:30am



This level emphasizes comfort in the water. Skills introduced at this level include putting the face in, bobbing, front and back floats with assistance, blowing bubbles, kicking, and arm strokes.

(Non-nose covering goggles are encouraged)

Members - \$45 Non-Members - \$90

Guppy & Minnow - Level 2-3: 4 years old - 8 years old

Saturdays 9:00am - 9:45am



This level introduces basic skills to prepare swimmers for independent movement in the water. Skills introduced at this level include submerging, front and back floats unassisted, breathing, flutter kicking, turning over, and beginning strokes on the front and back. As students progress, they begin to coordinate learned skills into strokes. Additional skills introduced at this level include front and back crawl, retrieving submerged objects, elementary backstroke, and treading water. **(Non-nose covering goggles are encouraged)**

Members - \$60 Non-Members - \$120

Shark - Level 4-5: must be 5 years old

Saturdays 10:00am - 10:45am (See previous page)



Students begin to coordinate learned skills into strokes. Skills introduced at this level include front and back crawl, retrieving submerged objects, elementary backstroke, and treading water. Swimmers will improve their strokes and develop endurance. Additional skills introduced at this level include the breaststroke kick, diving, turns, and treading water. **(Non-nose covering goggles are encouraged)**

Members - \$60

Non-Members - \$120

Ocean City Storm Preparation: Private & Semi Lessons Only



Coordinate and refine previously learned strokes. Skills taught at this level include open and flip turns, butterfly, and breaststroke. The focus is on refining these strokes so students can swim them with greater ease, efficiency, power, and smoothness over longer distances. This level will prepare your swimmer for the Ocean City Storm Swim Team.

Adults: Private & Semi Lesson Only

Swimmers 18 years of age or older who would like to learn or refine swimming strokes, or become more comfortable in the water.

PRIVATE LESSONS

MEMBERS: \$25 PER ½ HOUR

NON-MEMBERS: \$50 PER ½ HOUR

SEMI PRIVATE LESSONS

MEMBERS: \$20 PER ½ HOUR PER CHILD

NON-MEMBERS: \$40 PER ½ HOUR PER CHILD

If you're interested in private lessons, the form is available at the front desk to be filled out and turned in. Private lessons are by appointment and depend on the availability of the instructor, the pool schedule, and your availability. To begin, you must fill out the Private Lesson Inquiry Form at no cost and submit it to the front desk. Once the form is submitted, an instructor will reach out when an instructor becomes available. When you arrive for your private swim lesson, please check in at the front desk and inform them of the name of your instructor. Payment is due prior to the scheduled lesson, and you should give your receipt to your instructor upon arrival. For cancellations, a 12-hour notice must be given to the instructor. If notice is not provided, you will be charged for the lesson. If you arrive late, no additional time will be added to the end of your lesson. If you are more than 10 minutes late, the lesson will be considered a no-show, and you will be charged for the session.

Ocean City Aquatic & Fitness Center

1735 Simpson Avenue, Ocean City NJ 08226

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