

Irvington Club Swim Lessons – 2024 Lesson Schedule

Full Members, Associates & Swim Members: Monday, April 15th at noon Group Lesson/Private Swim Lesson sign-ups open online or by phone, we encourage enrolling online.

Non-Members: Monday, April 22nd at noon Group Lesson/Private Swim Lesson sign-ups open in person at the Club w/ payment (cash or checks only) or online through Club Automation after submitting a [non-member application](#) and [EFT form](#) (to the front desk or via email to: frontdesk@irvingtonclub.com). The non-member application and EFT form must be submitted by April 18th to create your online account in order to register online when registration opens. Once we have you set up in Club Automation, we will notify you via email with your login.

Group swim lessons are offered at the Irvington Club for members and non-members. Lessons take place Monday-Thursday, for two weeks. Swimmers must be able to complete all advancement skills in accordance with Irvington Club Performance Standards in order to move up to the next level. **All lessons are held rain or shine!**

The cost for most 8-lesson sessions is \$87 for members and \$96 for non-members.

***The cost for the Shark level 16-lesson session is \$174 for members and \$192 for non-member.**

Session 1: June 17th-27th

11:05-11:35 Shark*, Tadpole, Lobster, Stingray Tadpole

11:40-12:10 Beluga, Jellyfish, Lobster, Stingray, Tadpole

Session 2: July 1st-July 11th **

**No lesson on July 4th, prorated

11:05-11:35 Jellyfish, Tadpole, Stingray

11:40-12:10 Beluga, Tadpole, Lobster, Stingray

Session 3: July 15th-25th

11:05-11:35 Shark*, Jellyfish, Lobster, Stingray, Tadpole

11:40-12:10 Beluga, Jellyfish, Lobster, Stingray, Tadpole

Session 4: July 29th-August 8th

11:05-11:35 Tadpole, Lobster, Stingray

11:40-12:10 Beluga, Jellyfish, Lobster, Stingray

Big Fish, Little Fish: August 12th-16th, August 19th-23rd

Cost for a 5-day session is \$44 for members and \$48 for non-members

12:15-12:45 Big Fish, Little Fish

We will add classes to the schedule if there is a significant number on the waitlist and if we have available instructors

Group Lesson Cancellation Policy

- Cancellations must be made 15 days or more in advance of the lesson start date will be charged a 10% fee.
- Cancellations made between 8 & 14 days in advance of the lesson start date will receive a 50% refund.
- Cancellations made less than 8 days of the lesson start date will not be refunded.

Big Fish, Little Fish: Instructors lead parents and babies through skill-building games and songs. Participants learn swimming fundamentals such as float positions, crawl arms, flutter kids, blowing bubbles, and basic pool safety. Ages 6 months – 2 years, + parent.

Jellyfish: Non-swimmers ages 3 and older begin independent swimming by learning basic skills including bubble blowing, self-submerging, and assisted floating on front and back. Must be 3 years old and able to effectively communicate with instructor. Ages 3+

Tadpole: This second level class for the non-swimmer is geared toward those comfortable in the water, but not yet swimming or kicking on their own. Skills needed for advancement from Tadpole include independent floats on front and back for 5 seconds, glides on front and back with kicks for a distance of 5 feet, and an unassisted shallow water jump with recovery. Ages 3+

Lobster: A class geared toward children who are floating, gliding, and kicking on their own. Skills required for advancement include streamline glide with kick for 15 feet, back kick for 15 feet, side-glide kick for 10 feet, and dolphin body with kick for 10 feet. Ages 4+

Stingray: This level is geared toward beginning swimmers with strong kicks on front, back, and side who are comfortable in deeper water. Necessary skills for advancement include freestyle for 1 width, side-glide kick for 1 width, and back kick for 1 width. Ages 4+

Beluga: Swimmers will take skills learned in Stingray to progress to freestyle with bilateral breathing for 2 widths. Other advancement skills include backstroke for 2 widths, elementary backstroke for 2 widths, and breaststroke kick for 1 width. Ages 5+

Shark: In this advanced level swimmers must be able to swim 25 yards of side-kick freestyle with bilateral breathing, 25 yards of backstroke with shoulder rotation, breaststroke for 25 yards, elementary backstroke for 25 yards and tread water for 30 seconds. Ages 6+

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PRIVATE & SEMI-PRIVATE LESSONS

Private and semi-private lessons are available for children and adults looking to improve their swimming skills in a one-on-one and 2-on-1 settings. These 30-minute lessons are offered on Fridays, Saturdays, and Sundays from 9:30 am to noon, Friday May 3rd through Sunday, September 29th.

The cost for a half hour private lesson is \$43 for members, and \$48 for non-members.

The cost for a half hour semi-private lesson is \$65, and \$72 for non-members.

All lessons are held rain or shine!

Private & Semi-Private Lesson Change/Cancellation policy

- **Prior to 48 hours before the class any change or cancellation will be assessed a \$10 charge**
- **No refunds/credits for private lesson cancellations less than 48 hours prior to the start of the scheduled lesson**

Weather Policy

Because the Irvington Club pool is offering private lessons in a longer season this year, we will evaluate weather on a weekly basis for temperature. Our pool is heated to 80 degrees, but if the air temperature is below 65 degrees or if bad weather is forecasted the Thursday before lessons, they may be cancelled for the weekend.