

CATS Learn 2 Swim Program

Crofton Swim and Tennis Club

-Program Overview-

WELCOME to the 2019 *CATS LEARN 2 SWIM* LESSON SEASON!

We are pleased to offer a number of great swim programs at the Crofton Swim and Tennis Club! Our *CATS LEARN 2 SWIM* program features smaller groups, a staff of trained lifeguards and passionate swim instructors, clear objectives and expectations for each level, a knowledgeable and accessible program director, swimmer progress reports and more!

2019 *CATS Learn 2 Swim* Programs-

➤ SWIM MINI CAMP

The *CATS L2S SWIM MINI CAMP* is designed for our youngest swimmers (age 5-8) who want to get their 'feet wet' prior to the start of the *CATS SWIM TEAM* season. Join us as we start off the 2019 *L2S* season for a three night swim camp from May 28th-30th! Our 30 minute classes start at 5:30pm and end at 7pm

Mini Camp Objectives-

- 1- To help our younger swimmers decide which level of swim they would fit into (Swim Team or JUNIOR CATS)
- 2- To give swimmers an extra opportunity to become reacquainted with the size and length of our pool
- 3- We will touch on the basics of the 4 competitive swim strokes (freestyle, backstroke, breaststroke and butterfly) as well as racing starts and heat winning finishes!

Contact Coach Karen for details on how to sign up... SPACE IS LIMITED! learn2swimCATS@gmail.com

➤ JUNIOR CATS Swim Program

Our *JUNIOR CATS* Swim Program is designed for swimmers who have graduated from our *Learn 2 Swim* lessons program, but are not ready to make the full commitment to the *CATS* Swim Team. The *JUNIOR CATS* will practice Monday- Friday from 10:00am-10:45am. Eligible swimmers are able to participate in one or both of our three-week sessions. SESSION 1 begins June 17th (June 17th – July 5th) and SESSION 2 begins on July 8th (July 8th-26th). Space is limited! The *JR CATS* program is \$112 per session per student. Although we have no age limit it is important that our swimmers can perform a few basic safety/swimming techniques in order to be eligible for this class. *JUNIOR CATS* must be able to swim independently in the water and have a high level of confidence while in the pool. It is vital for safety reasons that our *JR CATS* can navigate their way through the pool without a coach standing next to them. The *L2S* director reserves the right to move participants to a lower group if necessary. Please refer to our check list of *L2S* Levels as our *JR CATS* must be proficient up through the *Piranhas* level. NEW THIS SEASON will be competition Fridays!

➤ **GROUP LESSONS:**

Each swim session (one week period) will include 150 minutes of lesson time each week. All fees are nonrefundable. Sessions fees are due PRIOR to the start of each session. Once the pool opens all forms and payments can be dropped off at the front desk of the pool in a clearly marked envelope (CSTC Learn2Swim Program and the students name on the front). Students will have their space confirmed via email only when payment and Family Registration Form is received. The LEARN 2 SWIM Director will determine if a make-up session is needed due to excessive cancelations during a session. Each session is \$55 per swimmer.

➤ **PRIVATE LESSONS**

Semi-private group lessons (2-4 students per teacher) and private lessons for children and adults are available and will be conducted outside of the scheduled programs. You are encouraged to contact the director at learn2swimCATS@gmail.com to coordinate.

REGISTRATION:

The 2019 GROUP SWIM LESSON registration will be held on **SUNDAY, JUNE 2nd from 5pm-6pm** in the CSTC Clubhouse. Sign up is on a first in first served basis beginning on this day. Additional information can be received (Registration Form and schedule) if you contact Coach Karen at learn2swimCATS@gmail.com You may also want to be added to the email distribution list for updates and openings throughout the summer season! Checks are to be made out to CSTC. GROUP SWIM LESSONS at CSTC are available to CSTC members only.

GROUP LESSON SIZE:

Each class is limited to 5 students per instructor. This will allow more instructional time for each student during their training session. If we have a group that has exceeds 5 students there will be a second teacher assigned. Semi-private group lessons (2-4 students per teacher) and private lessons for children and adults are available and will be conducted after the group lessons are completed. You are encouraged to contact the director at learn2swimCATS@gmail.com to coordinate.

QUESTIONS?

Please feel free to contact the *CATS LEARN 2 SWIM* program director, Coach Karen, with any questions throughout the summer. Don't forget to request being a part of our email group at learn2swimCATS@gmail.com!

*** Updated REGISTRATION INFORMATION ***

Registration is Sunday, June 2nd from 5pm- 6pm in the CSTC clubhouse!