

Announcing the 2010
GAEL AQUATIC CLUB
SPRING LESSON PROGRAM

All swimmers must come to a mandatory water readiness check on Feb. 23 or 24th!

For the past six years, the Gael Aquatic Club competitive lessons program has been the premier learn to swim program in Westchester. Anticipating once again an overwhelming interest and expectation of space limitations that may limit our ability to accept all youngsters looking for instruction, we will be holding two open days of evaluation for the prospective swimmers.

During these two days, swimmers will be evaluated and placed in the appropriate skill groups. We will do our best to place all swimmers we see that meet the criteria noted below as well as giving **priority placement to the siblings of current Aquatic Club families.**

This year's program will begin on March 22nd, 2009 and will meet for 6 weeks through Thursday, April 29th.

These lessons will focus on preparing young swimmers for the upcoming summer season, as well as giving them a safe introduction toward skills for a future in competitive swimming.

In order to maximize the experience for the participants, we to ask that all children seeking to participate come to one of two brief screening sessions, so we can accurately accept and place them into the proper instructional group.

Swimmers should come ready to swim at 4:00pm on either **Tues. Feb. 23rd or Wed. Feb. 24th**. The swimmers will be in the water with an instructor who will check for water readiness (**face in water and breathing**) ability (**any arm movement, floating, kicking, etc**) and evaluate comfort and listening skills. The session will not last past 4:30 pm and no pre-registration is necessary.

Group placement will be finalized on March 2nd via e-mail and bills will be mailed from registration forms completed on Feb. 23rd and 24th

There will be two level groups offered this year:

I - Tadpoles (Blue & Green groups) will be comprised of youngsters between the ages of **5 and 7** who need to start from the basics. Swimmers in this group will need to learn such skills as putting their faces in the water, blowing bubbles and breathing properly, with the goal of learning overhand freestyle and backstroke as they progress. The only pre-requisite for this group is that the participants are **not afraid to enter the water with a male or female instructor present (we will not take requests for a specific instructor as we are still formalizing staffing)**. At the completion of these sessions, participants will not only be water safe, but swimming savvy as well.

BLUE TADPOLES

Mondays and Wednesdays

Time: 4:00 – 4:30 PM

Group size: 5-6 swimmers

Sessions: 12

Fee: \$275

GREEN TADPOLES

Tuesdays and Thursdays

Time: 4:00-4:30 PM

Group size: 5-6 swimmers

Sessions: 12

Fee: \$275

II - Guppies (Red and Orange groups) will be made up of swimmers who have already received instruction and can swim freestyle (with out of the water arm recovery and proper breathing to the side) and backstroke (also with out of the water arm recovery and proficient positioning of the hips and head parallel to the water). Swimmers must **be at least 6, and no older than 8**. Throughout these competitive lessons, swimmers will perfect their freestyle and backstroke, learn the mechanics of breaststroke and butterfly and begin to learn the basics of racing (i.e. Starts, finishes, relays...). The ultimate goal of this group is to sharpen the participant's skills while preparing them to perform on a summer team at some level.

RED GUPPIES

Mondays and Wednesdays

Time: 3:45-4:30 PM

Group size: 6-7 swimmers

Sessions: 12

Fee: \$295

ORANGE GUPPIES

Tuesdays and Thursdays

Time: 3:45-4:30 PM

Group size: 6-7 swimmers

Sessions: 12

Fee: \$295

- Once we determine whether swimmers fit into our Tadpoles or Guppies level, we will ask you to choose which days you will be participating in. The Blue Tadpoles and Red Guppies will meet on Mondays and Wednesdays, while the Green Tadpoles and Orange Guppies will meet on Tuesdays and Thursdays. We cannot allow for specialized schedules as instructors and group sizes are set up in advance.
- Classes will be taught by Iona College and Gael Aquatic Club coaching staff members Brian Hansbury, Chris Brandenberger, Dan Gannon, Bill Walsh, Brittany Freeman, Christine Larkin, Additional instructors may be added if needed. There is no ability to "request" a specific instructor as they are scheduled around their specific availability. All are extraordinary instructors!
- Parents and escorts may watch sessions; however, must remain on the carpeted level of the pool area. At no time may parents come onto the tiled pool deck. If you bring other siblings simultaneously, you must supervise them at all times. Siblings are prohibited from running, climbing on equipment and making loud noises. Please consider books, coloring, pocket video games for amusement.
- Snacking and juice bottles can be used on the carpet deck, but should be small in nature. The carpeted pool deck is not a picnic area.
- Classes are small and full; and, instructors are set. Yet, if the instructor determines hat one class is not a good fit for a swimmer in the group unit, we may need to adjust the swimmer's group. However, this type of move will be extremely limited and individual requests for movement can not be considered.
- Many instructors will be teaching back-to-back classes or moving right into a regularly scheduled practice session at 4:30pm and unavailable for chatting on the spot. Please feel free to communicate any concerns via e-mail to jhansbury@iona.edu and we will get an answer and/or forward it to the instructor.

Questions, please contact:

Brian Hansbury
Head Coach
Gael Aquatic Club
jhansbury@iona.edu

GAEL AQUATIC CLUB
INFO & REGISTRATION FORM
Lessons 2010
PLEASE PRINT - FILL OUT - BRING TO EVALUATIONS

FIRST _____ MIDDLE _____ LAST _____

DATE OF BIRTH _____ AGE _____ TODAY _____

STREET _____

CITY _____ STATE _____ ZIP _____

TELEPHONE _____

E-MAIL ADDRESS CHECKED MOST OFTEN IF ANY (please print very neatly):

DOES THE ABOVE GET CHECKED? (Circle) *ALMOST DAILY ONCE A WEEK ONCE A MONTH IF LUCKY*

MOTHERS NAME _____ OCCUPATION _____

FATHERS NAME _____ OCCUPATION _____

PLEASE LIST YOUR MOST RECENT SUMMER AND/OR WINTER SWIM TEAM YOU MAY HAVE
BEEN ON IF ANY: _____

PLEASE TELL US YOUR PRESENT GRADE &
SCHOOL _____