

MONTGOMERY SWIM
ACADEMY



INFORMATION PACKET

PLEASE READ PACKET THOROUGHLY , AS IMPORTANT INFORMATION IS OUTLINED

Montgomery Swim Academy (MSA) offers both private (one to one, semi-private and tri-private) as well group swim instruction for youth, teens and adults.

Our mission is simple: Share and pass along our passion for the sport of swimming. This is a lifetime sport that may be enjoyed competitively, and/or recreationally.

Our Academy uses the Montgomery High School pool facility, located at 1016 Rt 601, Skillman NJ 08558. Access to pool is from Montgomery High School back entrance off of Skillman Rd.

Montgomery Swim Academy is associated with Montgomery Township Parks and Recreation Department. All payments will be made via the Parks and Recreation building for ALL instruction, located at The Otto Kaufman Community Center at 356 Skillman Rd Skillman, NJ 08558

Private Lessons will be registered for in person or over the phone only, directly with the Recreation department at the Otto Kaufman Center.

Group Lessons can be registered for in person at the Otto Kauffman center, only AFTER your child has been placed into the correct group.

For more information, please email us at lessons@montgomeryswimacademy.com

Group Lesson Information

All swimmers will be evaluated to assure proper level placement.

Beginner 1 and 2 & Advanced Beginner

This group lesson is designed for younger non-swimmers (Beginner 1) to become acclimated to being in, and under the water. Basic water safety and foundational techniques are taught ranging from bobbing under water to back floats. Swimmers then continue (Beginner 2) with initial stroke development of freestyle and backstroke.

Introduction to Academy

Group lessons are perfect for those students who can swim unsupported for at least 15 yards in our lap pool. Students need to be able to exhibit a fundamental understanding of freestyle and backstroke form. In this class students will learn and improve at 2 strokes: freestyle, backstroke. Students will also learn diving techniques, work on freestyle; backstroke drills, underwater push-offs and intro to breaststroke kick. Students will be taught proper lane swim etiquette. Students will be evaluated for proper class placement.

Academy Bronze

Swim Students must be able to swim 25-50 yards continuously. Students need to be able to exhibit a fundamental understanding of freestyle and backstroke form, open turns, and submerged front push offs. In this class students will learn and improve freestyle and backstroke, work on piecing together breaststroke, as well as in intro to butterfly kick. Students will also learn diving techniques, both from the pool edge and diving blocks, progressing from sitting to kneeling and finally standing dives. Students will be taught flip turns and proper lane swim etiquette.

Academy Silver

Students must be able to swim 50-100 yards continuously. Students need to be able to exhibit a fundamental understanding of freestyle and backstroke form, open turns, and submerged front push offs. In this class students will improve on freestyle, backstroke, and breaststroke, as well as in intro to butterfly stroke. Students will also improve on diving techniques on diving blocks, and intro to racing starts. Students will be introduced to "hydrodynamics" and proper lane swim etiquette.

Academy Gold

Students must be able to swim 100 yards continuously. Students need to be able to exhibit an in depth understanding of freestyle and backstroke form, flip turns, and submerged front push offs. In this class students will improve on all strokes, with an introduction to butterfly drills. Students will also improve on diving techniques on diving blocks, and racing starts. Students will be introduced to IM sets and starts.

Marlins Preparatory/Fitness Swim

Students must be able to swim 100-200 yards continuously. Students need to be able to exhibit an in depth understanding of all four strokes, flip turns, and submerged front push offs.

In this class students will improve on all strokes, and be introduced to drill sets as well as interval swimming. Students will be evaluated for proper class placement. Swimmers may repeat class levels based on the following criteria; technique, speed and endurance.

Group Lesson Fees

Academy Levels: Pre-Competitive and Fitness Swim Program

Beginner 1/2 , Advanced Beginner:		45 minute lesson
Introduction to Academy:	Red Cross Level 3	1 hour lesson
Academy Bronze:	Red Cross Level 4	1 hour lesson
Academy Silver:	Red Cross Level 5	1 hour lesson
Academy Gold :	Red Cross Level 6	1 hour lesson

Beginner I THRU Advanced Beginner

8 weeks = \$264 \$33/lesson

10 weeks = \$330 \$33/lesson

Intro to Academy / Academy Bronze / Academy Silver / Academy Gold

(Based on 1x week)

8 weeks = \$352 \$44/lesson

10 weeks = \$440 \$44/lesson

Marlins Swim Team Prep / Fitness Swim

(Based on 1x week)

8 Weeks = \$440

10 Weeks = \$550

Register your 2nd child and receive 10% off! Packages must be purchased at the same time. (*Discount will apply on your package of equal or lesser value*)

Session lengths may vary due to pool availability, If longer or shorter than shown here, prices differ by the session amount.

GROUP ATTENDANCE AND MAKE-UP POLICY

Attendance is taken at every lesson.

Must Attend Specific Enrolled Day/Time:

No swimmer is allowed to switch days throughout the week. Each swimmer must come to practice on the day for which they enrolled.

- If your swimmer must miss a lesson, they may make up the lesson during the current session only. Please refer to the make-up policy below.
- If your swimmer shows up to a lesson for which they are not enrolled, nor has a confirmed makeup scheduled, they will be asked to sit out and a parent will be called to pick them up.
- In the event Montgomery Swim Academy must cancel a lesson (weather, pool issue, etc), you will be notified via email when a makeup session will be scheduled. This does **NOT** count as one of the two makeups allowed.
- If you know your swimmer will be missing a lesson during the session, the earlier we know the better

MAKE-UP CLASSES

- Two (2) make up lessons are allowed per session (For 10 WKS), and one (1) makeup for sessions 8 weeks and under. Every swimmer will have the opportunity to make up the allotted missed practices.
- In order to be granted a make-up class, the swimmer's parent must contact, **via email at pennyp@montgomeryswimacademy.com** as soon as a lesson has been missed. You may be offered optional days/times, or assigned a specific day and time, on which the makeup may be taken. This is based on availability in the lesson and assures a lesson is not overcrowded.
- Once the make-up is scheduled, it is not permitted to be changed. If the swimmer fails to attend the make-up class, the make-up class will be forfeited and the swimmer will not be granted another make-up.

THERE ARE NO REFUNDS ISSUED.

- In the event of a medical issue (doctor's note required) an account credit will be issued, and held on your Montgomery Recreation Account for later use in ANY Recreation program.

PRIVATE LESSON INFORMATION, FEES AND POLICIES

We offer both 30 minute and 1 hour lessons.

PRIVATE (one on one instruction):

8 lesson package

\$325 (30 min) \$633 (1 hour)

16 lesson package

\$545 (30 minute) \$1073 (1 hour)

SEMI-PRIVATE (two on one instruction)

8 lesson package (PER STUDENT PRICE)

\$259 (30 min) \$501 (1 hour)

16 lesson package (PER STUDENT PRICE)

\$435 (30 minute) \$854 (1 hour)

Register your 2nd child and receive 10% off! Packages must be purchased at the same time.
(Discount will apply on your package of equal or lesser value)

- *Parents MUST sign child in for each lesson at the entrance desk. You will be notified when you have 2 lessons remaining in your packet. Lesson day/time is negotiated directly with your Instructor.*
- **BEFORE THE BEGINNING OF EVERY LESSON, YOU MUST CHECK IN VIA THE ENVOY APP OR AT THE TABLET AT THE ENTRANCE, THIS MUST BE DONE EVERY CLASS!**
- **Cancellations MUST be made 12 hours in advance of scheduled lesson via text to Instructor.**
- **Failure to arrive for your scheduled lesson, or failing to cancel within the cancellation window, may result in your being billed for the lesson.**
- After missing your scheduled times for 2 consecutive weeks, you may be asked to forfeit your time.
- In the event, for semi-private lessons, one swimmer arrives for a lesson, and the other not, the lesson will proceed and the lesson will be counted as attended for the non-participating swimmer.
 - Arrive promptly for lessons. The lesson will not continue past your end time.
 - If you want feedback at the end of every lesson, your child's swim time will be cut short to allow for the time to speak with you afterwards. Again, lesson ends promptly.

Additional Information

Practice / Lesson Etiquette

Swimmers are expected arrive to lessons on time and be prepared to swim at the start of class. This means the swimmer has his/her cap, goggles, and towel and is ready to start on time. We will start each lesson promptly; swimmers that come late to lesson are a distraction to the rest of the team. Your help regarding this matter is sincerely appreciated.

HOUSEKEEPING NOTES

- Parents are not permitted to remain on the pool deck while lessons are taking place. Parents may sit in the stadium spectator seating area during lessons. If a swimmer needs to leave class early, please inform one of the coaches conducting the class prior to the start.
- Swimmers must be dropped off and picked up promptly after class by a parent or guardian.

Swim Practice Equipment (brought by swimmer)

- Goggles
- Swim cap (if hair is longer than shoulders). THIS IS NOT OPTIONAL.
- Proper swim suit (No baggy suits or Board shorts)
- Water Bottle (**NO GLASS**) for group lessons.

Montgomery Swim Academy Equipment

Kickboards
Paddles (size XS to L)
Pool Noodles
Bar Bells
Float Back Packs
Diving Rings
Standing platforms for our smaller swimmers

Pool Information

6 Lanes x 25 yards
6 Starting blocks
2 wall digital split timers
2 x 1 meter diving boards
Depth range 4' to 12'
Lifeguard and Supervisor on deck at all times during swim sessions.
Water temperature: 80 f
Locker rooms accessed from pool area
Stadium seating (access to power outlets) for parents to sit and watch