

Fall swimming programs at SUNY Maritime

Summer may be coming to a close, but it's time kids and adults to dive into SUNY Maritime's fall swimming programs.

Swimming lessons for adults and kids are kicking off in mid-October and registration is now open. All classes are held on the college's Throggs Neck campus.

Kids Group Swim Classes
Swimming classes for children begin October 17

Classes will be held on October 17, 24, 31, November 7, 14, 21, 28 and December 5.

Children's swimming classes are skill based and are grouped accordingly. Ages begin as early as one year, and go up to age 13.

Children's group swimming lessons are \$120 per child and include eight sessions. The deadline for registration is October 7.

Kids & Adults Private & Semi Private

Swim Lessons

Private lessons for children and adults provide one-on-one instruction designed to meet the needs of the individual participant. Course fee: \$200 for four half-hour sessions, with one-on-one instruction. Session one: October 17, 24, 31 and November 7. Session two: November 14, 21, 28 and December 5. Students may also take advantage of a special eight-week private

lesson package, at a reduced rate of \$350.

Semi-private lessons (two students per instructor) are recommended for families or friends who swim at the same skill level. Classes are held Saturday mornings in October, November and the first week of December. The fee for eight half-hour sessions is \$500. Students may also enroll in one of two four-week (half-hour) sessions at a cost of \$280 per session.

Call (718) 409-5985 for time and availability for private and semi-private swim lessons.

Adult Lap Swim

Adult lap swim sessions will be open to competent swimmers for eight 45-minute, Saturday morning sessions, from 8:40 to 9:25 a.m., in Maritime's Olympic-sized pool. (This is not an instructional class.)

Dates for lap swimming are: October 17, 24, 31, November 7, 14, 21, and 28 and December 5. The fee is: \$100 for the eight Saturday



Swimming classes for kids and adults.

morning sessions.

Swim Team Prep Class

Registration deadline is September 21.

Class 1

Pre-teens, ages 7-12, who swim competitively, can take part in the Swim Team Prep Class held Fridays: November 13, 20 and 27, as well as December 11. Students must be able to swim one 25 yard lap of free-style and backstroke. They must also know the breast strokes kick. The cost for the Swim Team Prep Class is \$150 and includes special attention to diving and

Class 2

Students must be able to swim two laps (50 yards continuously). Freestyle - two laps (50 yards), backstroke, and know the breaststroke kick. There is no age requirement.

Adult Lap Time and Water Aerobics classes for adults are also available. Fall class dates for American Red Cross Lifeguard Course at Maritime will be announced soon.

For more information call (718) 409-5985.

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