



# NOT JUST SWIMMING... SWIMMING WELL



## Mommy & Me

Location: Sheraton Tarrytown Hotel

Session Dates:

Wednesdays

Fridays

Jan 6<sup>th</sup> -Feb 24<sup>th</sup>

Jan 8<sup>th</sup> - Feb 26<sup>th</sup>

8 wks \$200

8 wks \$200

Class Times:

Class Times:

10:15 – 10:45 AM

10:15 – 10:45 AM

1:45 – 2:15 PM

1:45 – 2:15 PM



The **EMPIRE SWIM SCHOOL** is pleased to announce an expansion of our program to include all levels of instruction – from the youngest preschooler with no water experience, to the new swimmer looking to prepare for a competitive swimming experience or the accomplished swimmer preparing to become a lifeguard.

## MOMMY & ME

This parent-child class is a great way to introduce your toddler (15-36 months old) to the water. Skills such as floating, submersions, freestyle and backstroke arm movement are introduced with songs and games that aim to encourage confident and skilled young “swimmers.” The goal of this class is to help your child gain confidence in the water.

4:1 Swimmer :Instructor Ratio



## INTRODUCTION TO WATER SKILLS I & II

Instruction for children with limited or no water experience. Initial focus on floating, blowing bubbles, kicking & arm movement with goal of basic freestyle, backstroke and comfort level in water.

4:1 Swimmer :Instructor Ratio

**Session 3  
Programs  
2009-2010**

## Introduction to Water Skills I (Ages 3-5)

Location: Sheraton Tarrytown Hotel

Session Dates:

Wednesdays	Fridays
Jan 6 <sup>th</sup> -Feb 24 <sup>th</sup>	Jan 8 <sup>th</sup> – Feb 26 <sup>th</sup>
8 wks \$200	8 wks \$200

Class Times:

11:00 – 11:30 AM  
11:45 – 12:15 PM  
1:00 - 1:30 PM

Class Times:

11:00 – 11:30 AM  
11:45 – 12:15 PM  
1:00 – 1:30 PM  
1:45 – 2:15 PM



## Introduction to Water Skills II (Ages 4-6)

Location: The Hackley School

Session Dates:

Sundays, Jan 3<sup>rd</sup> – Feb 28<sup>th</sup>  
8 week session \$200

Class Times:

9:30 - 10:00 AM  
10:00 -10:30 AM

## FUNDAMENTAL AQUATIC SKILLS

Instruction for children ages 4-8 who are already water safe and comfortable in deep water. Initial focus is on building confidence, correct freestyle technique with proper rhythmic side breathing, and backstroke technique with a goal of being able to swim 25 yards of freestyle, and backstroke.

5:1 Swimmer :Instructor Ratio

Location: The Hackley School

Session Dates: Sundays, Jan 3<sup>rd</sup> – Feb 28<sup>th</sup>  
8 week session \$200

Class Times:

9:30 - 10:00 AM  
10:00 -10:30 AM

## INTRODUCTION TO COMPETITIVE SWIMMING

Designed for children ages 5-12 who are new to the sport of swimming and are able to swim 25 yards of freestyle and backstroke. Swimmers are taught the basics of the four competitive strokes (freestyle, backstroke, breaststroke and butterfly) as well as competition starts and turns.

Class meets on Saturdays and Sundays each week. Maximum of 12 Children per Class.

Location: The Hackley School

16 Classes in Session \$360

Class Dates and Times:

Jan 2 <sup>nd</sup> – Jan 3 <sup>rd</sup>	9:00 – 9:40 AM
Jan 9 <sup>th</sup> – Jan 10 <sup>th</sup>	9:00 – 9:40 AM
Jan 16 <sup>th</sup> – Jan 17 <sup>th</sup>	9:00 – 9:40 AM
Jan 23 <sup>rd</sup> – Jan 24 <sup>th</sup>	9:00 – 9:40 AM
Jan 30 <sup>th</sup> – Jan 31 <sup>st</sup>	9:00 – 9:40 AM
Feb 13 <sup>th</sup> – Feb 14 <sup>th</sup>	9:00 – 9:40 AM
Feb 20 <sup>th</sup> – Feb 21 <sup>st</sup>	9:00 – 9:40 AM
Feb 27 <sup>th</sup> – Feb 28 <sup>th</sup>	9:00 – 9:40 AM

## RED CROSS WATERFRONT LIFEGUARD TRAINING

The Waterfront Lifeguarding course prepares lifeguards to work at non-surf, open water environments such as lakes, rivers, and water parks, as well as traditional pools. You will be certified in Waterfront Lifeguarding/First Aid (3 years) and CPR/AED Professional Rescuer (1 year) if you attend all course sessions, participate fully, and pass all physical tests and evaluations with a grade of at least 80%.

Location: The Hackley School

Program Fee: \$415

Class Dates:

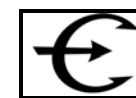
Dec 28-30	10:30 am - 2:30 pm
Jan 2	10:00 am - 2:30 pm
Jan 3	10:00 am - 6:00 pm

For more information  
visit us at:

[www.empireswimming.com](http://www.empireswimming.com)

or email us at:

[swimschool@empireswimming.com](mailto:swimschool@empireswimming.com)



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