



The Swim School at American University

SUMMER 2024

June 3rd - July 27th

American University

4400 Mass. Ave. NW, Washington, DC 20016

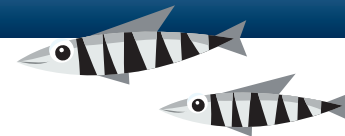
NCAP Swim School Registration

- Registration will open on April 20th at 9:00am **for current members** (enrolled in Winter 24 session).
- Registration will open on April 27th at 9:00am **for new members** (no exceptions).

All NCAP Swim School registration is processed via our online system. Visit our [Jack Rabbit Parent Portal](#) to review class offerings and register.

- You will be directed to login - then it will direct you to the page listing all classes, times, etc. If a class does not appear, it is full.
- To create a new account, you can do so here: [NCAP Jack Rabbit Registration](#)
- Any registration questions email: swimschool@nationscapitalswimming.com
- **NO MAKE-UPS AVAILABLE:** We do not have the ability to allow swimmers a make-up class. *If this is an issue for your family, please do not register.* Thank you for your understanding!

Contact Us: All questions email swimschool@nationscapitalswimming.com



OPTION 1 | 4: 2 week intensives

Register for 3 intensives (same swimmer), get the 4th FREE

(email swimschool@nationscapitalswimming.com to receive the discount)

Class every day Monday - Thursday | 8 classes

SESSION	DATES	TIMES	PRICE
Session 1	June 3 - June 13	4:50 PM	\$300
Session 2	June 17 - June 27	4:50 PM	\$300
<i>NO CLASS on June 19, make-up class will be held Friday, June 21</i>			
Session 3	July 1 - July 11	4:50 PM	\$300
<i>NO CLASS on July 4, make-up class will be held Friday, July 5</i>			
Session 4	July 15 - July 25	4:50 PM	\$300

No Swim Dates: June 19th (Federal holiday) and July 4th (Federal holiday)

OPTION 2 | 2: 4 week sessions | 1 class/week | \$150

OFFERED: Monday-Thursday at 5:25pm, 6:00pm

June Session: June 3 - June 27

Monday (4 classes): June 3, 10, 17, 24
 Tuesday (4 classes): June 4, 11, 18, 25
 Wednesday (4 classes): June 5, 12, 21, 26
 Thursday (4 classes): June 6, 12, 20, 27

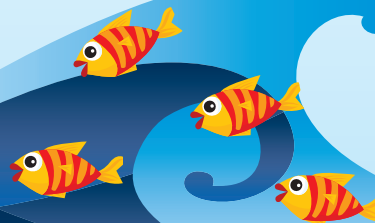
NO CLASS on June 19, make-up class will be held Friday, June 21

July Session: July 1 - July 25

Monday (4 classes): July 1, 8, 15, 22
 Tuesday (4 classes): July 2, 9, 16, 23
 Wednesday (4 classes): July 3, 10, 17, 24
 Thursday (4 classes): July 5, 11, 18, 25

NO CLASS on July 4, make-up class will be held Friday, July 5

No Swim Dates: June 19th (Federal holiday) and July 4th (Federal holiday)





Program Fees

2-week Intensives

Session 1, 2, 3, 4 \$300

*Register for 3 intensives (same swimmer), get 4th free
(email swimschool@nationscapitalswimming.com to receive the discount)

4-week Sessions (1 class/week)

June Session \$150

July Session \$150

Parents:

Please be sure that your child can perform the minimum skills required for each level prior to signing them up.

If your child is ill, do not bring them to class. If a child vomits or poops in the pool, the pool must be closed and there will be no refunds or make ups to any class as a result. Please make sure they use the bathroom prior to class. Do not feed your children right before class. Also it is strongly advised not to let your children take a nap right before class.



Ages 3 - 5 years

Minnows

Beginner (3-5 years)

Child does not need any experience in the pool but must be able to separate from parents and must be 3 years of age by the 1st day of class. This class teaches kids how to dog paddle independently, float unaided on their back, put their face comfortably in the water, and climb in and out of the pool unaided.

30-minute lesson/1:3 ratio

Guppies

Intermediate (3-5 years)

Skills needed to enroll: Child needs to be comfortable putting their face in the water, needs to swim 5 feet independently in a dog paddle, and float unaided on their back. This class will teach basic freestyle techniques, kicking on the child's back unaided and swimming with the child's face in the water.

30-minute lesson/1:4 ratio



Ages 4 - 8 years

Turtles

Intermediate (4-7 years)

Skills needed to enroll: Swim 10 feet unaided in a basic freestyle stroke, including putting their face in the water, and kicking on their back unaided for 5 feet. This class will teach proper freestyle, introduce rotary breathing techniques and basic backstroke.

30-minute lesson/1:4 ratio

Seals

Advanced (4-8 years)

Skills needed to enroll: 10 feet of freestyle with basic rotary breathing, 5-10 feet of basic backstroke. This class will improve rotary breathing, teach legal freestyle and backstroke, and strengthen endurance and ability to swim the full length of the pool.

30-minute lesson/1:6 ratio

Sea Frogs

Advanced (5-8 years)

Skills needed to enroll: Child needs to be able to swim one length of the pool in proper freestyle and backstroke, including rotary breathing. This class improves stroke technique and endurance during freestyle and backstroke and ensures both strokes are legal. Begins to introduce basic breaststroke.

30-minute lesson/1:7 ratio

