



## Why Do Clients Rave About Our Learn-To-Swim Program?

(1) Through a *nationwide swim school system* featuring thoroughly prepared Program Directors and well-trained coaches, SwimAmerica™ offers Learn-to-Swim programs for:

*pre-school children (6 months to 5 yrs)*  
*school aged children*  
*teenagers and adults*

(2) Swim coaches know what it takes to be relaxed and efficient in the water. **Each coach is an aquatic expert** because they know what the end product looks like... *they are around good swimming every day in practices.*

(3) Swim Fitness Center believes that *small classes* permit students to maximize their time in the water with the coach. Our ratio never exceeds 4 students to 1 coach.

(4) **Warm water** allows young and older students to enjoy their class experience. Our water temperature is usually 89 to 90 degrees.

(5) Time is valuable and with small children, very little time seems to be available. Swim Fitness Center makes every attempt to *match your child to a schedule that fits your day* while keeping with our policy of keeping similarly aged and skilled children together.

(6) *A progression of Swim Lessons to the professional year-round, competitive Jersey Gators,* training at Blairstown, Cranford, and Asbury Park.

### Swim Fitness Center also offers:

Pre-Natal/Post-Partum classes  
Water Walking Sessions  
Cardio  
Arthritis

Lifeguarding  
Water Safety Instructor  
First Aid  
CPR

**CALL TODAY TO REGISTER or STOP IN**

Swim Fitness Center  
350 Sparta Avenue Building A  
Sparta, NJ 07871  
973.729.3737

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

## Why Do People Water Walk?

Most people Water Walk for One or More of the Following Reasons:

1. **FITNESS** - Getting or keeping in shape. Remember you can't just waddle back and forth and expect great results. Improving your fitness depends on how much energy you use.
2. **THERAPEUTIC** – Helping people recover from accidents and sickness, *Combating the Aging Process*.
3. **SOCIAL** – Meeting and being with other people. You can talk with others as you Water Walk. Walk facing your partner or side-by-side. Meet new people as you Water Walk.
4. **STRESS RELEASE** – Gives you a chance to just relax and forget about work, problems or other things!
5. **PEOPLE WATCHING** – There are often classes going on or others to watch! It's fun to see what is going on in the pool area!
6. **FUN** – Enjoy the diversion. Walk in a playful way and don't worry about being serious! Laugh and enjoy it! Water Walking and talking can be fun!

Water Walking is recommended in waist deep to chest deep water.

*Swim Fitness Center offers a 3 ½ to 4 ½ foot deep pool (railing are available for those who need added support for balance).*

Water Exercise and Water Walking in warm water pools have the following benefits:

- Increased strength and coordination
- Increased ability to ambulate
- Decreased pain
- Increased range of motion and flexibility

*Swim Fitness Center offers a warm water pool with water temperature 89-90°.*

**Water Walking and Water Exercise  
classes are offered:**

**Monday thru Thursday 9:30 – 10:30 am**

## Helpful Hints:

(1) If you participate in a water walking, water aerobics class or swim for exercise you may want to make sure the water is warm rather than cold. A study from the University of Florida found that people who exercise in cold water may eat more after the exercise session is over. This increase in appetite and subsequent food intake may negate the calorie burning benefits of exercise. The cold water may increase the metabolism temporarily fooling the body into thinking it needs more food. *Diabetics or persons on a weight loss program must take special note of this.*

(2) Water exercise is excellent for overweight people as the buoyancy of the water takes strain off the joints making exercise easier and more effective. The ideal water temperature appears to be about 90 degrees Fahrenheit. As with any exercise program, water aerobics and swimming will be more effective if combined with a well balanced healthy diet.

(3) *ALWAYS GET YOUR MEDICAL DOCTOR'S APPROVAL BEFORE BEGINNING ANY FITNESS PROGRAM OR ACTIVITY.*

(4) REMEMBER – It is much better to do too little – than – to do too much!

Pre-Natal/Post-Partum classes

Cardio

Arthritis

Parent-child 6 months to 2 years

SwimAmerica Learn-to-Swim program for Pre-school and school age children

Special Needs children classes

Adult lessons

Lifeguarding

Water Safety Instructor

First Aid

CPR

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## *Rates*

### ***Lessons (Monthly) \* : Preschool, School-aged children: 30 minute lessons***

Group: one instructor to 4 students

4 sessions/\$75

8 sessions/\$150

Private: one instructor to one student (children, adult, and special needs)

4 sessions/\$200

Parent-Child: Parent or guardian with child 6 months to 2 years

4 sessions/\$75

8 sessions/\$150

### ***Wellness (Monthly) \* : one hour sessions***

Group: Arthritis, Cardio (all levels), Water Fitness (strengthening & toning),  
Pre-Natal/Post-Partum

8 sessions/\$75 (includes windows of exercise)

Personal Training: One on One

4 sessions/\$200

Windows of Exercise: Individual exercise program during scheduled time slots

Monthly/\$49

***Discounts available for groups of 10 or more***

### ***Occupational (as offered)***

Fee does not include cost of certification (American Red Cross determines cost). Annual Registration fee is not required.

Lifeguarding	\$199	Recertification	\$ 50
Water Safety Instructor	\$299	Recertification	\$ 50
SwimAmerica Coach	\$ 50		
CPR	\$ 25	Recertification	\$ 15
First Aid	\$ 25	Recertification	\$ 15

### ***Advanced and Competitive Services*** (Annual Registration fee is not required.)

Filming (2 strokes front & side)	\$30
Filming w/30 minute consultation	\$60/30 minutes
Use of Exer-Swim current machine (20 minutes)	\$30/2 for \$50
Swim Training design/Consulting	\$30/30 minutes

\* Annual Registration Fee is required as follows:

Individual	\$ 99
Family (3 or more in same household)	\$ 249
Senior Citizen (60 years and over)	\$ 75

***Rates are effective February 1 through August 31, 2006***

## *Hours of Operation*

<b>Day</b>	<b>Time</b>
Monday	9:00am – 7:00 pm
Tuesday	9:30am – 4:30 pm
Wednesday	9:00am – 7:00 pm
Thursday	9:30am – 4:30 pm
Friday	9:30am – 8:00pm
Saturday	9:30 am – 4:30pm
Sunday	Closed

### » **Learn-to-swim**

- **Small Class Sizes (4 students to 1 coach)**
- **WARM WATER**
- **Expert Coaches**
- **Flexible Scheduling**

### » **Arthritis & Fitness classes**

**Flexibility • Stretching**  
**Toning • Water Walking**