



# PCDC



**"IT'S ALL ABOUT FUN!"**

**PRIVATE SWIM  
LESSONS AVAILABLE  
DAILY  
3 PM - 5 PM**

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# The Swim Program



Our camp grounds include: four heated swimming pools, Red Cross Certified Water Safety Instructors and Life Guards. Each child is given the opportunity to develop a strong sense of security and confidence in their water skills and grow to their fullest potential.



We specialize in small group instruction and teaching that is tailored to each child's level of ability. Programs in "Beginner Swim" to "Basic Survival & Water Safety Skills" are offered by the swim instructor. Individual advancement from one level to the next is made as progress permits.

## Goals & Objectives

- \* To help each child feel comfortable in the water and progress at his or her pace
- \* To provide a gentle yet progressive approach that will develop confidence through participation
- \* To keep child - instructor ratio small, allowing the focus to be on each child's strengths weaknesses and specific goals
- \* To follow each child's development and progress following the American Red Cross Program



## The American Red Cross "Learn to Swim Program"

We are very proud of our swim program specifically designed for young children.

This program is designed to give students a positive and successful learning experience. Each level includes various skills in the following categories, adjustment, buoyancy and breath control, water entry and exit.



**LEVEL I.** Water Exploration, campers are oriented to the water and gain some basic skills such as, putting his/her face in the water, blowing bubbles in the water and bouncing up and down in chest-deep water. Safety skills are taught in the beginning so participants start to be aware of what they can do to be safe around the water.

**Level II.** Primary Skills, campers master new skills such as learning to float unsupported, going under water to retrieve an object in chest-deep water and how to move through the water using their arms and legs. As campers progress, they build on their basic skills to learn propulsive movements on both the front and back. They learn different strokes at various levels and refine them at each level.