



## JUNIOR TEAM PROGRAMS

<b>Diving Team</b>	<b>11:15-12:00</b>	<b>11 &amp; up (Mon., Tues., Wed., &amp; Thurs.) (10 &amp; under attend diving lessons)</b>
<b>Swim Team</b>	<b>11:15-12:00</b>	<b>8 &amp; under and 10 &amp; under (Monday, Tuesday &amp; Thursday) (Friday 10:00-11:00)</b>
	<b>12:00-12:45</b>	<b>11 &amp; over (Monday, Tuesday &amp; Thursday) (Friday 11:00-12:00)</b>
<b>Tennis Team</b>	<b>2:00-3:00</b>	<b>Level T I (Interclub) Instructional Clinics (See Level TI above)</b>
	<b>2:00-3:00</b>	<b>Ladder Play – Wednesday Matches-Thursday and/or Friday</b>
<b>Arts &amp; Crafts</b>	<b>2:00-2:45</b>	<b>(Monday – Thursday)</b>

**Program Directors:** Diving , Jon Feldman; Swim, Allie Rosshirt; Tennis, Aldo Santiago  
(levels described below)

### DESCRIPTIONS OF DIVING LEVELS

<b>Level DI</b>	<b>Divers having mastered front and back dives, working on reverse, inward, or twisting dives.</b>
<b>Level DII</b>	<b>Divers working on front and back dives.</b>

### DESCRIPTIONS OF SWIMMING LEVELS

(Reminder: Level 1V must be passed before children under age 10 may swim without parental supervision (see FFC book on Pool Rules).

<b>Level SI</b>	<b>Face in water (3 seconds), floating (on front and back), arm and leg movement</b>
	<b>with support (on front and back), retrieve submerged objects.</b>
<b>Level SII</b>	<b>Front and back floating, front and back kicking, front crawl arms, back crawl arms, treading water, roll over from front to back and vice versa, swim on front (15 feet), swim on back (15 feet), jump into chest-deep water.</b>
<b>Level SIII</b>	<b>Front and back glide, front crawl (15 yards), back crawl (15 yards), explore elementary backstroke and breaststroke, rotary breathing, treading (30 seconds), diving from sitting or kneeling position.</b>
<b>Level SIV</b>	<b>Front crawl (25 yards), back crawl (25 yards), breaststroke (15 yards), elementary backstroke (15 yards), butterfly (15 yards), treading with different kicks and arm motions (1 minute), introduction to turns, diving from compact and stride position, feet-first surface dive.</b>
<b>Level SV</b>	<b>Front crawl (50 yards), back crawl (50 yards), elementary backstroke (25 yards), breaststroke (25 yards), butterfly (25 yards), sidestroke (25 yards), flip turns on front and back, tuck and pike surface dives, shallow dive from side of pool.</b>
<b>Level SVI</b>	<b>Front crawl with turns (100 yards), back crawl with turns (100 yards), breast stroke with turns (50 yards), elementary backstroke with turns (50 yards), sidestroke with turns (50 yards), butterfly with turns (50 yards), treading (5 minutes), surface dives (feet first, tuck and pike), swim 500 yards continuously.</b>
<b>Private</b>	<b>Private swimming lessons with an instructor in half hour blocks for basic and advanced swimming needs.</b>

## DESCRIPTIONS OF TENNIS LEVELS

Level TI <u>strategies.</u>	<u>Emphasis placed on footwork, court coverage, winning drills, and</u>
Expect	to play Interclub matches one step below Interclub play.
Level TII coverage.	Emphasis placed on racquet control, stroke production, and court
Level TIII	<u>Also brushing up on basics and incorporating these shots in game situations.</u>
Level TIV	<u>Instruction will include all basics, i.e., grip strokes, rules, and etiquette.</u>
<u>stroke work.</u>	<u>Hand-eye coordination development through fun games and very basic</u>
Private	Hour or half hour instruction on a one-to-one basis is a great way to improve your
skills	<u>through intense individual attention.</u>
Semi-Private	<u>Two students along with pro work in either one hour or half hour time slots.</u>
Group Lessons	<u>Instruction for players of similar ability levels.</u>
Junior Clinics	Classes will cover basic strokes, court positioning and fun games for the children
to learn	how to hit the ball properly while having fun. Children will be grouped according to
age	<u>and skill level (four to six to a group).</u>
Hitting Sessions	<u>A way for the serious player to drill, play the pro, or simply get a workout.</u>
Game Pooling	<u>Know when you want to play but don't have a partner? Call the pro shop for</u>
	<u>assistance.</u>

## ADULT LEVEL CLINIC DESCRIPTIONS

principles	1. Beginners to Intermediate women's clinics: Emphasis on <u>fundamentals</u> ,
	of doubles play and fun.
play,	2. Intermediate to Advanced women's clinics: Emphasis on advanced doubles
	reinforcement of "already acquired skills," competition, and fun