



218 East Park Avenue
Long Beach, NY 11561

Long Beach Recreation Center
700 Magnolia Blvd.
Long Beach, NY 11561

SKUDIN SWIM & LONG BEACH RECREATION

SWIM PROGRAMS FALL 2020

Skudin Swim in partnership with the City of Long Beach in order to best serve the residents, while following all CDC Covid-19 regulations, will provide Swim Lessons, Club Swim Team, American Red Cross Courses and Water Safety Classes to all ages and abilities at the Long Beach Recreation Center. Participants will no longer need to pay Long Beach Recreation Membership fees. The programs are outlined below and organized by our SWIM SCHOOL & LIFEGUARD CORPS.

1. "SEATURTLES": Ages 3-9 Group Swim Lessons
2. "SEAHAWKS": Ages 6-17 Non-Competitive Club Swim Team
3. "JUNIOR WATERMEN": Ages 7-15, Water Safety & Leadership Course
4. "AMERICAN RED CROSS WATER SAFETY INSTRUCTOR COURSE": Ages 16 and older American Red Cross Certification for Swim Instructors
5. "SATURDAY PROGRAMS": Programs that occur on Saturday Afternoons 1:30pm-3:30pm
 - a. "BABY & ME": Ages 6 Months – 3 Years Parent/Guardian
 - b. "PRIVATE LESSONS": 1 Instructor to 1 Student Ratio – 30 Minute Lessons
 - c. "AMERICAN RED CROSS LIFEGUARD COURSE": Ages 15 and older, Prerequisite for Lifeguard Employment

We look forward to the opportunity of serving the community with our high standards of aquatic programs and adherence to COVID-19 regulations and guidance. Long Beach Residents expect competent swim coaching after decades of successful swimmers from Long Beach Aquatics at the Long Beach Recreation. Our staff leadership has worked for the City of Long Beach & Long Beach Aquatics. We, together as a team, can be a constant positive influence during these difficult times.

If you have any question, feel free to reach us at 516-978-SWIM (7946) or EMAIL: INFO@Skudinswim.com.

Very Respectfully,

A handwritten signature in black ink, appearing to read 'Woodward L. Skudin'.

Woodward L. Skudin
CEO of Skudin Swim Inc.

1. SEATURTLES

COACH BETH SKUDIN has written our curriculum based on 40 years of experience. She is our Aquatic Director who ensures the quality of swim lessons. We believe our approach of "Joy not Fear" allows children to progress through the swimming levels at their own pace. Therefore, children develop a joy for the water and a will to succeed.

The Skudin Swim SeaTurtles are the swimmers of our swim school. We follow our Curriculum of Swim Levels 1-4. Groups are created by 3-5 students to 1 Instructor Ratio. Due to Covid-19 restrictions, we are requesting parents organize a group together with other family members, relatives, or close friends. Children will swim in their own area with their own instructor. Swim Lessons are 30 minutes long. They are offered once or twice a week starting October 19 – December 10, 2020.

AGES 3-5

MONDAYS & WEDNESDAYS Price: \$340 per Participant, 14 Sessions

- October 19, 21, 26, 28, November 2, 4, 9, 16, 18, 23, 30, December 2, 7, 9
 - TIME 4:30 – 5:00pm <https://campscui.active.com/orgs/SkudinSwim?season=2901815>
 - TIME 5:10 – 5:40pm <https://campscui.active.com/orgs/SkudinSwim?season=2901503>

TUESDAYS & THURSDAYS: Price: \$340 per participant, 14 Sessions

- October 20, 22, 27, 29 November 3, 5, 10, 12, 17, 19, 24 December 1, 3, 8
 - TIME 4:30 – 5:00pm <https://campscui.active.com/orgs/SkudinSwim?season=2900814>

ONE LESSON A WEEK: Price: \$260 per participant, 7 Sessions

- MONDAY OR TUESDAY OR WEDNESDAY OR THURSDAY
 - TIME: 5:10 – 5:40pm (See Links Below under "ONE LESSON A WEEK")

GEAR LIST: (1) Goggles, (1) Buoyancy Belt, (1) Motorcycle Bar, (1) Kickboard, (1) Pool Noodle

AGES 6 & OLDER

MONDAYS & WEDNESDAYS Price: \$340 per Participant, 14 Sessions

- October 19, 21, 26, 28, November 2, 4, 9, 16, 18, 23, 30, December 2, 7, 9
 - TIME: 5:50 – 6:20pm <https://campscui.active.com/orgs/SkudinSwim?season=2901006>

TUESDAYS & THURSDAYS, Price: \$340 per participant, 14 Sessions

- October 20, 22, 27, 29 November 3, 5, 10, 12, 17, 19, 24 December 1, 3, 8
 - TIME 5:10 – 5:40pm <https://campscui.active.com/orgs/SkudinSwim?season=2901106>
 - TIME 5:50 – 6:20pm <https://campscui.active.com/orgs/SkudinSwim?season=2901302>

ONE LESSON A WEEK: Price: \$260 per participant, 7 Sessions

- MONDAY OR TUESDAY OR WEDNESDAY OR THURSDAY: 5:50 – 6:20PM
- Monday <https://campscui.active.com/orgs/SkudinSwim?season=2901410>
- Tuesday <https://campscui.active.com/orgs/SkudinSwim?season=2901206>
- Wednesday <https://campscui.active.com/orgs/SkudinSwim?season=2901014>
- Thursday <https://campscui.active.com/orgs/SkudinSwim?season=2900416>

GEAR LIST: (1) Goggles, (1) Kickboard, (1) Set of Fins, (1) Pool Noodle

2. SEAHAWKS

HEAD COACH DAVID SKUDIN is a USS Swim Coach who formerly coached the Long Beach Aquatics and currently LIAC. The Skudin Swim SeaHawks are a club (non-competitive swim team) led by Head Coach David Skudin. Our goal is to provide a club swim team similar to the Long Beach Tiger Sharks as participants are not required to compete in any swim meets. We focus on the (4) swim strokes and overall water safety. Swim strokes are improved through instruction, drills and workouts. The only prerequisite for the SeaHawks is swimming an entire lap of 25 yards without touching the bottom. ASSISTANT COACH WOODY SKUDIN will focus on Water Safety once a week. We will ensure SeaHawks have the confidence and knowledge to become Lifeguards, Surf Instructors, and Swim Instructors. Leadership drills, team-building exercises and emergency scenarios will prepare SeaHawks for all aspects of Water Safety.

AGES 6-9

MONDAY & WEDNESDAY Price: \$390 per Participant, 14 Sessions

- October 19, 21, 26, 28, November 2, 4, 9, 16, 18, 23, 30 December 2, 7, 9
 - TIME 4:30 - 5:30pm
- <https://campscui.active.com/orgs/SkudinSwim?season=2900614>

TUESDAY & THURSDAY: Price: \$390 per Participant, 14 Sessions

- October 20, 22, 27, 29 November 3, 5, 10, 12, 17, 19, 24 December 1, 3, 8
 - TIME 4:30 - 5:30pm
- <https://campscui.active.com/orgs/SkudinSwim?season=2902008>

GEAR LIST: (1) Goggle, (1) Kickboard, (1) Set of Fins, (1) Pool Noodle

AGES 10-17

MONDAY & WEDNESDAY & FRIDAY Price: \$490 per Participant, 21 Sessions

- October 19, 21, 23, 26, 28, 30, November 2, 4, 6, 9, 13, 16, 18, 20, 23, 30, December 2, 4, 7, 9, 11
 - TIME 5:30 - 6:30pm
- <https://campscui.active.com/orgs/SkudinSwim?season=2901202>

TUESDAY & THURSDAY Price: \$390 per Participant, 14 Sessions

- October 20, 22, 27, 29, November 3, 5, 10, 12, 17, 19, 24 December 1, 3, 8
 - TIME 5:30 - 6:30pm
- <https://campscui.active.com/orgs/SkudinSwim?season=2901908>

GEAR LIST: (1) Goggles, (1) Kickboard, (1) Set of Fins, (1) Center Snorkel

3. JUNIOR WATERMEN

AGES 7 - 15

FRIDAYS: Price: \$290 per Participant, 7 Sessions

"Junior Watermen" is a course focused on water safety for boys and girls. The intent is to prepare students for the American Red Cross Lifeguard Certification Course. This course introduces the rank structure of Lifeguards and First-Responders. Students should expect to perform rehearsals, drills and unpredictable scenarios in regard to all aspects of Water Safety.

- October 23, 30 November 6, 13, 20 December 4, 11
- TIME: 4:30 - 5:30PM

<https://campscui.active.com/orgs/SkudinSwim?season=2901113>

GEAR LIST: (1) Goggles

4. RED CROSS WATER SAFETY INSTRUCTOR COURSE

AGES 16 & OLDER

PRICE: \$550 Per Participant, TBD Sessions

The purpose of the Water Safety Instructor course is to train instructor candidates to teach Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim, Adult Swim courses, and water safety courses and presentations. Pre-requisite: students must be able to demonstrate six swim strokes: freestyle, backstroke, breaststroke, butterfly, side stroke, elementary backstroke.

- October 24, 31 November 7, 14, 21, 28, December 5, 12, 19
- TIME: 2:00pm-4:00pm
- Sign-up for Online Course after Registration

<https://campscui.active.com/orgs/SkudinSwim?season=2903010>

GEAR LIST: (1) Goggle, (1) Change of Clothes, Pen, Paper, Drink, Snacks

5. SATURDAY PROGRAMS

a. BABY & ME

Price: \$260 per participant, 7 Sessions

"BABY & ME" is a hands-on swimming lesson where the parent/guardian will introduce the child to swimming. A Swim Instructor gives direction and feedback during teaching techniques. Parents/Guardians will be in pool for the 30-minute lesson. It is recommended that the child wears a wetsuit.

AGES: 6 MONTHS TO 3 YEARS

- October 24, 31 November 7, 14, 21, 28, December 5

- TIME: 2:15-3:00pm

<https://campscui.active.com/orgs/SkudinSwim?season=2902803>

GEAR LIST: *Favorite Bath Toy*

b. PRIVATE SWIM LESSONS

Price: \$350 Per Participant, 8 Sessions

Instructor to 1 Swimmer. Each Instructor is in the water meeting the swimmer at his or her level. Each Lesson follows a step-by-step approach for swim stroke development as well as overall water safety. We emphasize fun and water enjoyment for infants to adults. Our success in the water comes from a genuine enjoyment of swimming.

AGES: ALL AGES

- October 24, 31 November 7, 14, 21, 28, December 5, 12
- TIME: 1:30-3:30pm (30 Minute Lessons)

<https://campscui.active.com/orgs/SkudinSwim?season=2903013>

GEAR LIST: (1) Goggle, (1) Kickboard, (1) Set of Fins, (1) Pool Noodle

c. AMERICAN RED CROSS LIFEGUARD COURSE

PRICE: \$390 Per Participant, TBD Sessions

Knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care until emergency medical services (EMS) personnel take over. This certification is a prerequisite for most Lifeguard employment opportunities and mandatory prerequisite for Nassau County Lifeguard Certification.

AGES: 15 & Older

- October 24, 31 November 7, 14, 21, 28, December 5, 12, 19
- TIME: 1:30-3:30PM
- Sign-up for Online Course after Registration

<https://campscui.active.com/orgs/SkudinSwim?season=2901101>

GEAR LIST: (1) Goggle, (1) Change of Clothes, Pen, Paper, Drink, Snacks

Safety Guidelines: COVID-19 Related

Skudin Swim Inc. is following guidelines set out by the New York State Safety Precautions for Business and CDC "Considerations for Public Pools, Hot Tubs, and Water Playgrounds During COVID-19." Additionally, OSHA guidelines and CDC guidelines for cleaning and disinfecting community facilities are being followed.

- Entrance to pool will be through the North entrance of the Recreation Center by the bi Ice Arena and Bay
- Parents/Guardians and swimmers must wear a mask covering mouth and nose to enter the facility and are required until the child enters the pool
- Staff members will wear face masks out of the water
- No parents/guardians on the pool deck
 - One Parent/guardian per swimmer is allowed on the mezzanine above the pool
 - We are sorry but we have capacity limitations due to COVID-19 restrictions and guidelines
- Swimmers will place belongings in their own social bubble indicated by markers
- All patrons must observe social distancing rules as indicated by floor markers and other signage
- All patrons will undergo a health screening including:
 - Health survey by the COVID-19 Liaison and/ or Monitor
 - Temperature check: Any patron with a temperature above 100.4F will not be admitted
- Swimmers should come dressed for class
- Changing areas will not be available before class
- Showers will not be available
- Restrooms will be available for swimmers
- Please avoid congregating in the parking lot after class

Policies:

- GEAR: You may purchase the bundle of required gear at \$110 or borrow for your season at no addition cost. You will be required to turn in gear at end of season.
- Skudin Swim Inc. is an equal opportunity employer. We do not discriminate and cannot guarantee the age, gender, race, or religion of your instructor.
- We cannot take requests for specific instructors. We do our best to keep the consistency of the instructor throughout the session barring any illness or other unforeseen circumstances, but no instructor is guaranteed.
- Children who are under the age of 3, newly potty trained, or not potty trained must wear a disposable swim diaper, such as "Little Swimmers".

Make-Up Lessons:

- There are no make-up lessons and each circumstance will be handled on a case by case basis
- Should you or a family member exhibit signs of COVID-19, please contact us prior the missed class and we will determine the best course of action for everyone
- A doctor's note may be required prior to your child's return to the pool.