

Swim lessons with
4 kids per class!



We have instituted safe-health practices at all clubs, with plenty of social distancing and all members and staff required to wear face masks. MERV-13 hospital-grade air filters and HEPA air filtration units with UV lights are installed throughout the clubs, along with hand sanitizing disinfectant stations. Our staff wipe down surfaces in high traffic areas throughout the day.



Junior Academy
Winter–Spring 2021
Ages 6 months–15 years



EASTERN ATHLETIC



Gymnastics

Tumbling Toddlers

Children are gently introduced to structure as they learn body awareness, socialization skills, and gain confidence through success on age- and skill-appropriate obstacles. Children run, jump, climb, swing, balance, and sing with the continual support of their parent or caregiver and our safety-certified instructors. Limited to 4 per class.

| | | | | | |
|-----|-----------|-----------|---------------|------|-------|
| BHC | 1–2 years | Wednesday | 10.00-10.45am | Roza | \$500 |
| | 2–3 years | Wednesday | 11.00-11.45am | Roza | \$500 |

Child of non-Member \$75 additional.

Beginner Gymnastics

Children learn basic skills and body positions in this progressive pre-school gymnastics program. They develop strength, flexibility, coordination, and self-confidence...a solid foundation for any future sport venture. Limited to 4 per class.

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|-----|-----------|---------|-------------|-----------|-------|
| BHC | 4–5 years | Monday | 3.30-4.15pm | Roza | \$500 |
| | | Tuesday | 3.30-4.15pm | Christine | \$500 |
| | 6+ years | Monday | 4.30-5.15pm | Roza | \$500 |
| | | Tuesday | 4.30-5.15pm | Christine | \$500 |

Child of non-Member \$75 additional.

Squash

Clinics

This 8-week program consists of a weekly 45-minute session with a Club Pro teaching proper form, footwork, strategy, and drills. Age and Level guidelines are given for registration purposes; students may be assigned to sections outside of their age range based upon skill level. Limited to 3 per class.

Beginner

| | | | | | |
|-----|-------------|--------|-------------|--------|-------|
| BHC | 10–12 years | Friday | 3.45-4.30pm | Auchee | \$775 |
|-----|-------------|--------|-------------|--------|-------|

Intermediate–Advanced

| | | | | | |
|-----|-------------|--------|-------------|--------|-------|
| BHC | 12–15 years | Friday | 4.30-5.15pm | Auchee | \$775 |
|-----|-------------|--------|-------------|--------|-------|

Child of non-Member \$75 additional.

Private & Semi-Private Lessons

This 5-week series of 45-minute lessons offers personalized attention. For Semi-Private lessons, students form their own group (2 players) and register together. Lessons are offered weekdays at 3.45pm, 4.30pm, or 5.15pm for 5 consecutive weeks. No make-ups. Fees are per student.

Jr. Member Rate Junior Membership (which requires a parent be a member) or Junior Squash Membership is needed.

| BHC | 7–14 years | Private 5 Weeks | Semi-Private* 5 Weeks |
|-----|------------|--------------------|--------------------------|
| Fee | Jr. Member | \$390 | \$250 |
| | Non-Member | \$465 | \$325 |

*Students form their own group and register together. 2 students per class.



Swim



Please note that to place in a class or to graduate to the next level of instruction, a child must demonstrate the required skills to the satisfaction of the instructor.

Baby & Me 6 months–3 years

Children become comfortable in the water; they learn kicking, blowing bubbles, reaching, holding onto the pool edge, and going underwater. A limit of 4 babies per class.

| | | | | | |
|------------|---------|-----------|---------------|-------|-------|
| BHC | Group 4 | Monday | 11.00-11.45am | Judy | \$695 |
| | | Tuesday | 11.00-11.45am | Judy | \$695 |
| | | Wednesday | 11.00-11.45am | Judy | \$695 |
| | | Thursday | 11.00-11.45am | Judy | \$695 |
| PPC | Group 4 | Tuesday | 11.00-11.40am | Erick | \$695 |
| | | Thursday | 11.00-11.40am | Erick | \$695 |

Child of non-Member \$75 additional.

Pre-Beginner 2-4 years

Lessons include beginning work on water adjustment skills, bobbing (rhythmic breathing), prone floats, back floats, flutter kicks, glides, and arm movement. Equipment includes kick-boards.

| | | | | | |
|------------|---------|-----------|---------------|-------|-------|
| PPC | Group 4 | Monday | 11.00-11.40am | Erick | \$695 |
| | | Wednesday | 11.00-11.40pm | Erick | \$695 |

Child of non-Member \$75 additional.

Pre-Beginner 3–5 years

Lessons include beginning work on water adjustment skills, bobbing (rhythmic breathing), prone floats, back floats, flutter kicks, glides, and arm movement. Equipment includes kick-boards.

| | | | | | |
|------------|---------|-------------|-------------|-------|-------|
| BHC | Group 4 | Tuesday | 3.00-3.45pm | Judy | \$695 |
| | | Wednesday | 3.00-3.45pm | Staff | \$595 |
| | | Thursday | 4.00-4.45pm | Staff | \$595 |
| PPC | Group 4 | Tuesday | 3.00-3.40pm | Erick | \$695 |
| | | | 3.30-4.10pm | Staff | \$595 |
| | | Wednesday | 3.00-3.40pm | Erick | \$695 |
| | | | 4.00-4.40pm | Erick | \$695 |
| | | Thursday | 3.00-3.40pm | Erick | \$695 |
| | | | 3.30-4.10pm | Staff | \$595 |
| | | 4.20-5.00pm | Staff | \$595 | |

Child of non-Member \$75 additional.

Beginner 4–8 years

Beginner swimmers must be able to perform all Pre-Beginner skills. Lessons include the beginner crawl, changing direction, turning over, leveling off, flutter kick, and arm movements.

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|------------|---------|-----------|-------------|--------|-------|
| BHC | Group 4 | Monday | 3.00-3.45pm | Carmen | \$695 |
| | | Wednesday | 4.00-4.45pm | Staff | \$595 |
| | | Thursday | 3.00-3.45pm | Staff | \$595 |
| | | Friday | 3.00-3.45pm | Staff | \$595 |
| PPC | Group 4 | Monday | 3.00-3.40pm | Erick | \$695 |
| | | | 3.30-4.10pm | Staff | \$595 |
| | | | 4.50-5.30pm | Staff | \$595 |
| | | Tuesday | 4.20-5.00pm | Staff | \$595 |
| | | Wednesday | 4.20-5.00pm | Staff | \$595 |
| | | Thursday | 5.10-5.50pm | Staff | \$595 |
| | | Friday | 4.00-4.40pm | Erick | \$695 |
| | | | | | |

Child of non-Member \$75 additional.

Advanced Beginner 6–9 years

Participants must perform Beginner skills. These lessons develop endurance in the crawl stroke, rhythmic side breathing, safety skills, underwater swimming, and elementary backstroke.

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|------------|---------|-----------|-------------|--------|-------|
| BHC | Group 4 | Monday | 4.00-4.45pm | Carmen | \$695 |
| | | Tuesday | 4.00-4.45pm | Judy | \$695 |
| | | Friday | 5.00-5.45pm | Staff | \$595 |
| PPC | Group 4 | Monday | 4.20-5.00pm | Staff | \$595 |
| | | Tuesday | 4.00-4.40pm | Erick | \$695 |
| | | Wednesday | 3.30-4.10pm | Staff | \$595 |
| | | Thursday | 4.00-4.40pm | Erick | \$695 |
| | | Friday | 3.30-4.10pm | Staff | \$595 |

Child of non-Member \$75 additional.

Intermediate 7+ years

Intermediate swimmers should be able to perform Advanced Beginner skills. Lessons expand on the crawl, changing direction, turning over, leveling off, flutter kick, and arm movements.

| | | | | | |
|------------|---------|-------------|-------------|--------|-------|
| BHC | Group 4 | Monday | 5.00-5.45pm | Carmen | \$695 |
| | | Thursday | 5.00-5.45pm | Staff | \$595 |
| | | Friday | 4.00-4.45pm | Staff | \$595 |
| PPC | Group 4 | Monday | 4.00-4.40pm | Erick | \$695 |
| | | Tuesday | 5.10-5.50pm | Staff | \$595 |
| | | Wednesday | 4.00-4.40pm | Erick | \$695 |
| | | | 5.10-5.50pm | Staff | \$595 |
| | | Friday | 4.20-5.00pm | Staff | \$595 |
| | | 5.10-5.50pm | Staff | \$595 | |

Child of non-Member \$75 additional.



Advanced/Competitive 7+ years

A continuation of Intermediate skills plus the basics of Competitive Swim techniques.

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|------------|---------|-----------|-------------|-------|-------|
| BHC | Group 4 | Tuesday | 5.00-5.45pm | Judy | \$695 |
| | | Wednesday | 5.00-5.45pm | Staff | \$595 |
| PPC | Group 4 | Monday | 5.10-5.50pm | Erick | \$695 |
| | | Tuesday | 4.50-5.30pm | Erick | \$695 |
| | | Wednesday | 4.50-5.30pm | Erick | \$695 |
| | | Thursday | 4.50-5.30pm | Erick | \$695 |
| | | Friday | 4.50-5.30pm | Erick | \$695 |

Child of non-Member \$75 additional.

Private Lessons 3+ years

A series of 1-on-1 private swim lessons is available with an instructor who helps the student with the basics or improves technique. Private Lessons are 15 weeks with no make-up or bonus classes. Lessons end one week earlier than shown in the Program Schedule.

| | | | | |
|-------------|------------------|--|-------------|---------------|
| BHC | Sunday | 12.00-12.45pm | Thursday | 3.00-3.45pm |
| | | 1.00-1.45pm | | 4.00-4.45pm |
| | | 2.00-2.45pm | | 5.00-5.45pm |
| | Monday | 3.00-3.45pm | Friday | 3.00-3.45pm |
| | | 5.00-5.45pm | | 4.00-4.45pm |
| | Tuesday | 3.00-3.45pm | Saturday | 12.00-12.45pm |
| 5.00-5.45pm | | 1.00-1.45pm | | |
| Wednesday | 3.00-3.40pm | | 2.00-2.45pm | |
| | 5.00-5.45pm | | | |
| PPC | Sunday | 2.00-2.40pm | Thursday | 3.00-3.40pm |
| | | 3.00-3.40pm | | 4.50-5.30pm |
| | Monday | 3.00-3.40pm | Friday | 3.00-3.40pm |
| | | 4.50-5.30pm | | 4.00-4.40pm |
| | Tuesday | 3.00-3.40pm | Saturday | 4.50-5.30pm |
| 4.50-5.30pm | 3.00-3.40pm | | | |
| Wednesday | 4.50-5.30pm | | | |
| Fee | Staff Instructor | \$1,400 Member; \$1,475 Non-Member | | |
| | Elite Instructor | \$1,550 Member; \$1,625 Non-Member (Erick, Judy, Carmen) | | |



Group 2 Semi-Private Lessons 3+ years

A series of 1-on-2 private swim lessons is available with an instructor who helps the student with the basics or improves technique. These lessons are 15 weeks with no make-up or bonus classes. Lessons end one week earlier than shown in the Program Schedule. 2 children must register together.

| | | |
|-------------|------------------|--|
| BHC | Sunday | 12.00-12.45pm |
| | | 1.00-1.45pm |
| | | 2.00-2.45pm |
| | Monday | 4.00-4.45pm |
| | | 4.00-4.45pm |
| | Tuesday | 4.00-4.45pm |
| 4.00-4.45pm | | |
| Wednesday | 4.00-4.45pm | |
| | 4.00-4.45pm | |
| Friday | 11.00-11.45am | |
| | 11.00-11.45am | |
| Saturday | 12.00-12.45pm | |
| | 12.00-12.45pm | |
| PPC | Sunday | 1.00-1.45pm |
| | | 2.00-2.45pm |
| | Monday | 2.00-2.40pm |
| | | 3.00-3.40pm |
| | Tuesday | 4.00-4.40pm |
| | | 4.00-4.40pm |
| Thursday | 4.00-4.40pm | |
| | 4.00-4.40pm | |
| Saturday | 3.00-3.40pm | |
| | 3.00-3.40pm | |
| Fee | Staff Instructor | \$1,080 Member; \$1,155 Non-Member |
| | Elite Instructor | \$1,180 Member; \$1,255 Non-Member (Erick, Judy, Carmen) |





Program

Registration

In person or phone.
Register now, space is limited – classes begin February 22nd!

Schedule

15-week program + 1 Make-up (or Bonus Week)
Private Swim Lessons end one week earlier Monday–Saturday.

| | | |
|------------|-----------------------|----------------------|
| Sundays | February 28 - June 20 | (no class 4/4, 5/30) |
| Mondays | February 22 - June 21 | (no class 3/29 5/31) |
| Tuesdays | February 23 - June 15 | (no class 3/30) |
| Wednesdays | February 24 - June 16 | (no class 3/31) |
| Thursdays | February 25 - June 17 | (no class 4/1) |
| Fridays | February 26 - June 18 | (no class 4/2) |
| Saturdays | February 27 - June 26 | (no class 4/3, 5/29) |

Fees

Payment by check or credit card only, please. No cash accepted. All course fees are to be paid upon registration.

Refunds

Up to 10 days prior to the first class, a full refund less a \$50 cancellation fee will be given. Less than 10 days prior to the first class, a refund of 50% will be given. **No refunds after the first class.**

Make-ups

One make-up is available each session on the 9th week. **No credit is issued for missed classes.**

Guidelines

We reserve the right to cancel any class due to insufficient enrollment and to substitute instructors when necessary.
Please refer to the separate Junior Academy Guidelines for health and safety rules and regulations.

Locations

Brooklyn Heights (BHC) 43 Clark Street 718 625-0500
Prospect Park (PPC) 17 Eastern Parkway 718 789-4600
easternathleticclubs.com

Registration starts 12noon Monday, January 25th Space is limited

Our 16-Week Winter–Spring Program starts Monday, February 22!

