



Little Dolphins Swim Academy

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In order to maintain our facility and staff (especially considering a 9% increase in NJ Minimum wage and similar increases in insurance, etc) as of February 1 LDSA tuition will change approximately \$1.50 per class to:

- Baby & Me / Toddler & Me - \$99 per month
- Other 30 min classes - \$104 per month
- 45 min classes - \$125
- Private 20 min - \$238
- Private 30 min - \$312

There is no processing charge for accounts paid by eCheck.

\$3.25 will be charged for each student's tuition paid by credit card.

Why Did New Jersey Hold Its First Water Safety Summit?

On December 7 th , New Jersey conducted its first known Water Safety Summit, when over 100 aquatic leaders convened in East Brunswick for a full workday of meetings. In 2020, LDSA owner Coach Chuck Warner founded the New Jersey Swim Safety Alliance (NJSSA). Six months later, NJSSA formally became a 501 3 C non-profit to bring a voice to the importance of water safety in New Jersey. Did you know that sadly, about 65 people lose their life to drowning each year in our state. Perhaps surprisingly, the most accidents are in lakes and ponds. NJSSA has set out to coordinate the states existing resources to sharply decrease these unnecessary tragedies that not only take someone's life but leave their families devastated.



In March of 2022, Coach Warner was speaking on water safety at the NJ Parks and Recreation conference in Atlantic City. In the audience was a representative of the Zac Foundation, an organization founded by the Cohn family after their son drown in their backyard pool. The two collaborated to help NJSSA move towards its goals of:

Reminder About Our Cancellation Policy

A reminder that in order to use your Last Month Tuition Deposit, the [Cancellation Form](#) is now found in the “contact” menu on the new website and must be submitted no later than the 25th of the month prior to the first of your last month of enrollment. Our deadline of the 25th allows time for our Business Manager to process billing for the first of the month, for us to re-organize classes and staff as needed and to allow us time to let incoming families know of space that will become available. (Our wait lists can be long.)

For Example:

If you want to stop coming at the end of June you must submit a Cancellation Form no later than May 25.

Here Are 9 New Jersey Swimming Holes That Will Make Your Summer Memorable



1. Turtle Beach, Blairstown
2. Bellmawr Lake, Bellmawr
3. Parvin Lake, Pittsgrove
4. Swartswood Lake, Stillwater/Hampton
5. Jellystone Park Camp-Resort, Williamstown
6. Highlands Natural Pool, Ringwood
7. Stony Lake, Branchville
8. Rock Ridge Lake, Denville
9. Lake Mohawk, Sparta

[Click here](#) for more information.

Why Did New Jersey Hold Its First Water Safety Summit? (Con't)

- o Bringing a unified voice to water safety in NJ. This will include swim instruction becoming an essential service.
- o Passing legislation to improve water safety in New Jersey.
- o Educating new parents about why and how to keep their baby safer.

A group of NJSSA Board Members jumped in to gather a group that represented police, fire, lake communities, beach patrols, pool builders, YMCAs, and many more. Among the most vocal attendees were the parents of children who had lost their lives to drowning.

The Summit was covered by CBS, NBC and channel 12 news. [Click here](#) for the video. It was the first step in creating a “New Jersey Water Safety Strategy.” This will be a document to outline best practices and danger zones around all bodies of water in New Jersey. NJSSA hosts a website that will hold this information and more. Coach Warner co-chairs a steering committee to write the strategy document and bring it to fruition by the water safety month of May.

A little bit of every student's tuition at LDSA goes to support the efforts of NJSSA.

SWIM QUIZ

What is the leading cause of drownings in the state of New Jersey?

- A The Ocean**
- B Ponds/Rivers**
- C Pools**

Want the answer? Check out Little Dolphins on Facebook or Instagram for more information!

For Facebook [Click Here](#).
For Instagram [Click Here](#).

[Click here](#) for website calendar.



There will still be four Sunday classes in March, thus this is not a “makeup” situation.

Getting Ready to Swim

How Long Does It Take to Learn to Swim?

by Alistair Mills

Want to learn how to swim but not how long it will take? Here we break down different scenarios so you can get the best estimate.

One of the most common questions we get as teachers is – “How long does it take to learn to swim?” – To which we always give the short (and rather unsatisfying) answer: it depends.

Because the truth is that every prospective swimmer learns at different rates. For example, if you’re athletic and can devote a couple of hours of training per week, you’ll probably be swimming laps in no time.

On the other hand, if you’re not comfortable at all in the water and can only manage a few sessions per month, your progression will obviously be slower.



But that’s not the answer you came here for. You want solid estimates. Well, don’t worry because, in this article, we’ll set out guidelines and estimates to help you get a better idea of how long it’ll take to become a confident swimmer.

You’ll learn:

- The maximum age you can learn to swim
- The different stages of learning to swim
- What factors can speed up or slow down how long it’ll take you to learn swimming
- The average time it takes to learn to swim for both adults and children
- How long it takes to become a strong swimmer
- And lastly, 5 tips to help you learn to swim faster

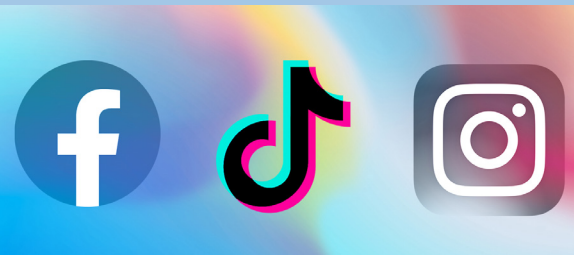
If that sounds good, then let’s dive in by [clicking here](#).

What’s The Maximum Age You Can Learn Swimming?

Many people think that they’re past it when it comes to swimming. They have a belief that swimming is something you must learn when you’re young or you’ll never be able to do it.

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Destinations To Swim Every Month Of The Year!



Places To Swim In: [February](#)
Places To Swim In: [March](#)
Places To Swim In: [April](#)



[Google Review!](#)

Getting Ready to Swim (Con't)

In reality, nothing could be further from the truth. There is no maximum age when you can start learning to swim and getting all the benefits that come with it. You could be 3 or 93 years old and it makes no difference.

In fact, as a form of exercise, swimming is ideal for us as we age. The low-impact nature and added resistance from the water keep our bodies strong, flexible and lean.

And the funny thing is, because adults have greater patience and are better at taking on feedback, they can usually learn faster than kids!



What Are The Steps of Learning to Swim?

When learning to swim, you don't just go from not being able to float to swimming laps for time. It's more of a spectrum that's composed of 3 main stages. They are:

- **Gaining Water Confidence:** Not everyone is comfortable in the water. It's not unusual to be scared of getting into the pool for the first few weeks. A good coach will be able to guide you painlessly through this stage and instill the confidence to move to the next step.
- **Laying the Fundamentals:** This is where you'll learn the basic skills that can be transferred to any stroke. You'll master how to float, how to control your body in the water, how to streamline, kicking on your front and back plus lots more.
- **Dialling in Technique:** The final phase of learning to swim. Here you'll learn how to swim full strokes such as front crawl and back crawl. You'll also learn more advanced skills such as tumble-turns and dives.

How long you'll spend at different stages varies greatly based on several factors – let's take a look at those now.

FAMILY SWIM FRIDAY AND SATURDAY!

Family swim is an incredible opportunity to get the whole family in the pool and practice all the skills your swimmer learns in class. Just a reminder, a reservation are required for either Friday 7:15-8:00 PM or Saturday 3:15-4:00 PM. Family swim will be limited in number due to the high volume of swimmers. Safety is always first, and we want to make sure all our guests can safely enjoy the pool. If you'd like to join family swim, please register on the parent portal. Registration opens each Sunday at about 4 PM and is only for the next week. The cost is \$10 for any family member registered as a student and for mom and dad. Siblings that are not registered are \$10 per child.

[Click Here](#) to register!

Echeck Saves

When using your credit card for tuition, or at the LDSA swim shop, will include a \$3.25 fee per line item to those using credit cards for payments.

To avoid this expense, you may change your payments on your account to the "echeck system" through your parent portal. (You can also pay for swim shop items in cash should you so choose.)

You can change to the echeck system anytime you would like by going to your parent portal and follow these steps:

- 1.) Log into the Parent Portal
- 2.) Go to Payments
- 3.) Scroll down to Replace Payment Information
- 4.) Click Bank Account
- 5.) Click Enter Information Button
- 6.) Read Authorization of Recurring Payments and click confirm
- 7.) Update Billing Information
- 8.) Enter Banking Account Information
- 9.) Click Submit



Coollest Birthday Party in Town!

Get ready for the ultimate aquatic adventure as we invite you to the most exciting birthday celebration of the year – the Little Dolphins Swim Academy birthday party. Dive into a world of fun and laughter as we transform our pool into a watery wonderland, creating memories that will last a lifetime.

Why Choose LDSA for Your Birthday Celebration?

Fun for All Ages: Whether you're two or ninety-two, our pool is designed with fun and safety at heart. At four feet deep everywhere in our pool, you're never restricted to just the shallow end, everywhere in the pool is fair game!

Relax by the Poolside: Looking to stay dry? Sit in the comfort of our observation area so you don't have to be on the hot pool deck or in the wet water. Take some pictures through the glass and relax with the other parents as we have all the fun for you.

Thrilling Water Activities: Get ready for a wet and wild time! The supervisor provides the entertainment with fun games for the children such as Hungry, Hungry Hippos, Relay Races, Scavenger Hunts, and more!

Professional Lifeguards: Safety is our priority! Relax in the observation area and enjoy the festivities knowing that our certified lifeguards ensure the safety of everyone in the water. Each party comes with two in-water lifeguards and an out-of-water supervisor to ensure everything runs smoothly.

Little Dolphins Party Packages: Choose from our range of birthday packages to suit your preferences: The Pizza Party or The Chicken Fingers and Fries Party!

\$150 non-refundable deposit, balance due on day of party

Package A – Pizza \$475.00

Package B – Chicken Fingers and French Fries \$535.00

Packages are for 15 children additional children \$10 each (maximum of 20 children)

Reserve Your Pool Celebration Now!

Don't miss out on the coolest birthday party in town! Book your party today and give your child a party they won't forget. [Click here](#) to secure your spot. Get ready to make a splash and celebrate the most memorable birthday ever at LDSA – where the fun never dries up!

