

Swim lessons with
4 kids per class!



Junior Academy at Brooklyn Heights Winter 2023

Ages 6 months–15 years



EASTERN ATHLETIC

We have instituted safe-health practices at all clubs, with plenty of social distancing. 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.

17 WEEKS OF

FUN!





Ballet

Fun does not begin to describe the joy that one can feel while dancing and learning Ballet technique. Dancing is a happy, exhilarating experience. Not only do our Ballet classes develop physical health, they also promote emotional well-being. Children learn to express themselves physically through movement to beautiful music, which provides a creative and positive outlet for them.

Primary Ballet

This class is an introduction to ballet for boys and girls. Students explore new ways to move and dance while having fun in a creative atmosphere. Children will learn to follow direction, dance with their friends, and transform their ideas and feelings into the exciting language of dance! Limited to 6 per class.

3–6 years Wednesday 3.30-4.15pm Kayla

Fee \$425 child of Member, \$500 child of non-Member.

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 6 per class.

1–2 years Thursday 10.00-10.45am Staff
2–3 years Thursday 11.00-11.45am Staff

Fee \$425 child of Member, \$500 child of non-Member.

Beginner Gymnastics

Newly independent and on their own in class, 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 6 per class.

6+ years Monday 4.30-5.15pm Christine
 Wednesday 4.30-5.15pm Kayla

Fee \$425 child of Member, \$500 child of non-Member.





Fitness Training

This class provides young people with personal training in a small group environment. Taught by our certified Personal Trainer staff, classes are designed to increase flexibility, stamina, lean muscle mass, and confidence by using cardiovascular exercises and weight training, resulting in improved fitness and strength. Limited to 2 per class.

10–12 years	Monday	3.30-4.15pm	Aleksey
13–17 years	Monday	4.30-5.15pm	Aleksey

Fee \$680 child of Member, \$755 child of non-Member.

Squash Clinics

This 17-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 6 per class.

Beginner

6–9 years	Friday	3.45-4.30pm	Staff
10–12 years	Friday	4.30-5.15pm	Staff

Intermediate–Advanced

12–15 years	Friday	5.15-6.00pm	Staff
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Fee \$575 child of Member, \$650 child of non-Member.





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. Note: the end time alternates each week with half of the class finishing at 11.40am and half at 11.50am.

Group 8	Monday	11.00-11.40/50am	Judy	\$550
	Tuesday	11.00-11.40/50am	Judy	\$550
	Wednesday	11.00-11.40/50am	Judy	\$550
	Thursday	11.00-11.40/50am	Judy	\$550

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 kickboards.

Group 4	Monday	3.00-3.45pm	Carmen	\$800
		3.45-4.30pm	Carmen	\$800
	Tuesday	3.00-3.45pm	Staff	\$680
		3.45-4.30pm	Judy	\$800
	Wednesday	4.30-5.15pm	Judy	\$800
		3.00-3.45pm	Carmen	\$800
	Thursday	3.00-3.45pm	Judy	\$800
		3.45-4.30pm	Staff	\$680
	Friday	3.45-4.30pm	Staff	\$680

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.

Group 4	Monday	3.00-3.45pm	Staff	\$680
		3.45-4.30pm	Judy	\$800
	Tuesday	3.45-4.30pm	Staff	\$680
		4.30-5.15pm	Staff	\$680
	Wednesday	3.45-4.30pm	Carmen	\$800
		3.45-4.30pm	Judy	\$800
	Thursday	3.00-3.45pm	Staff	\$680
		4.30-5.15pm	Staff	\$680
	Friday	3.45-4.30pm	Staff	\$680

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.

Group 4	Monday	4.30-5.15pm	Judy	\$800
	Wednesday	4.30-5.15pm	Carmen	\$800
		5.15-6.00pm	Carmen	\$800
	Thursday	4.30-5.15pm	Staff	\$680
	Friday	4.30-5.15pm	Staff	\$680
		5.15-6.00pm	Staff	\$680

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.

Group 4	Monday	4.30-5.15pm	Carmen	\$800
		5.15-6.00pm	Judy	\$800
	Tuesday	5.15-6.00pm	Staff	\$680
		Wednesday	Judy	\$800
	Thursday	4.30-5.15pm	Staff	\$680
		5.15-6.00pm		

Child of non-Member \$75 additional.

Advanced/Competitive 7+ years

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

Group 4	Monday	5.15-6.00pm	Carmen	\$800
	Tuesday	5.15-6.00pm	Judy	\$800
	Wednesday	5.15-6.00pm	Staff	\$680
	Thursday	5.15-6.00pm	Staff	\$680

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 16 weeks with no make-up or bonus classes. Lessons end one week earlier than shown in the Program Schedule.

Sunday	12.00-12.45pm
	1.00-1.45pm
	1.45-2.30pm
Monday	3.00-3.45pm
	3.45-4.30pm
Tuesday	3.00-3.45pm
	3.45-4.30pm
Wednesday	3.00-3.45pm
Thursday	3.00-3.45pm
	3.45-4.30pm
	4.30-5.15pm
Friday	3.00-3.45pm
	3.45-4.30pm
	4.30-5.15pm
	5.15-6.00pm
Saturday	12.00-12.45pm
	12.45-1.30pm
	1.30-2.15pm

Fee	Staff Instructor	\$1,635 Member; \$1,710 Non-Member
	Elite Instructor	\$1,835 Member; \$1,910 Non-Member (Carmen)



Program

Registration

Registration begins Tuesday, November 29th, at 12noon:

Children of Members or children now in the Fall '22 program 12-3pm, in person.

General Registration 4-7pm, in person or by phone.

Register now, space is limited – classes begin January 9th!

Schedule

16-week program + 1 Make-up (or Bonus Week)

Private Swim Lessons end one week earlier Monday–Saturday.

Sundays	January 15 - May 14	(no class 2/26, 4/9)
Mondays	January 9 - May 15	(no class 1/16, 2/20)
Tuesdays	January 10 - May 16	(no class 2/21, 4/4)
Wednesdays	January 11 - May 17	(no class 2/22, 4/5)
Thursdays	January 12 - May 18	(no class 2/23, 4/6)
Fridays	January 13 - May 19	(no class 2/24, 4/7)
Saturdays	January 14 - May 13	(no class 2/25, 4/8)

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 17th 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.

Please note that where possible we ask that children (siblings) not attending class attend Child Care. If not possible, direct supervision by an adult is required.

Location

Brooklyn Heights (BHC) 43 Clark Street 718 625-0500
easternathleticclubs.com



Registration starts 12noon Tuesday, November 29th at Brooklyn Heights

Children of Members or children now in the Fall '22 program
12-3pm, in person.

General Registration 4-7pm, in person or by phone.

Register now, space is limited –
our 17-Week Winter Program starts
Monday, January 9th!

