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**To: All Students and Parents:**

1. New Swim Session for **Brooklyn** (4/11/26 to 6/26/26) registration is open! Our newly renovated Brooklyn indoor pool by the Botanical Garden features warm 82° water, easy transit, and parking. **Current students register by 3/1/26 for early bird discount**; Starting 3/2, regular pricing will apply. See page 4 for schedule
2. New Swim Session for **Manhattan** (4/11/26 to 6/26/26) registration is now available. **Due to the limited spots, to ensure that the current student's spot is reserved with early bird discount, please register before 3/1/26**, After 3/2/26, open spots will be offered to new students.
3. **Early Bird payment for current students is before 3/1/26** by check, cash and QuickPay (Zelle). Please make payments by check, if possible, as it is our preferred method of payment. After 3/2/26 only Check, Money Order, QuickPay (Zelle) will be accepted.
4. If you like our swim program, please refer your friends and family to our Manhattan or Brooklyn Location. If a new student referred by you joins our program at either location, you will receive a \$30 voucher, which can be redeem on your next session's registration!
5. **"Adult Beginner Special"** Register for weeknight classes (Wed/Thu/Fri at 7:15 PM), current students **\$410, and new or returning students \$440. After 3/2/26 will be \$460 (This promotion is for adult classes only.)** Scan the QR code and view page 1 for details.
6. Since our staff is often in the pool area or in the water, **texting (646) 661-1038 is the fastest way to reach us and will receive a quicker response than email or phone calls.**

**\*If student has an absent or will be absent  
Please text office 1-646-661-1038 to schedule makeup  
lesson as soon as possible. Thanks!**

**Adult Special, Beginner level only ( Wed & Thursday  
7: 15pm or Friday 7:15pm )**

-For current student \$410 register before 3/1/26

-For new and return student \$440 before 3/1/26  
\$460 after 3/2/26

(can not combine other promotion)

**Private Lesson:** 1 instructor to 1 student ratio  
**Semi Private:** 1 instructor to 2 student ratio  
Available for children and adult.

Please text for more info: (646)-661-1038  
Or call for more info: 1-(888)-831-0688

**Student / Instructor Ratio**

**Pre- School To Level 3**

1 Instructor / 3 to 4 students  
1 Instructor & 1 TA / up to 7 students

**Level 4 to Level 7**

1 Instructors / 4 to 6 students  
1 Instructor & 1 TA / 7 students and up

**Private or Semi Private Lesson**

1 Instructor / 1-2 Students

**Register Info for New Student:**

**New Student can Text Message to**

646-661-1038 for register

We will reply your message when we  
add student name on our list.

**Mail and Check payable to:**

Royal Athletic  
P.O. Box 754178, Forest Hills, NY 11375

## Swim class uniform, please use the picture below for references.

### Standard Swimsuit for Swimming lesson

#### Swimming Jammers & one piece

- More durable & Chlorine Resistant
- Less Drag in the water
- Can use for certain level of competition

#### Silicone Swim Cap

- Protect your hair well from chlorine
- Last longer than latex or cotton cap

#### Clear Goggles

- Goggle with nose bridge will be more comfortable
- Will easier to have eye contact with coach



### Non Suggested Swimsuit

#### Swim trunks & Long Sleeves skirts

- Will absorb mass of water
- Drag more water, causing bad forms
- Chances of suffocation from shirts

#### Fabric Swim Cap

- Fabric / Latex swim cap will be too soft or too tight
- Some people might have allergic to latex

#### Diving Goggle

- No nose bridge, very uncomfortable.
- Will be very tight and water will leak in easily



## Guidelines for Menstruation During Swim Lessons

### 1. Participation During Menstruation

Swimmers are welcome to continue attending lessons during their menstrual cycle. Participation is not restricted, and physical activity is encouraged.

### 2. Appropriate Menstrual Product

Swimmers must use suitable menstrual products, such as tampons, menstrual cups, or period swimwear, to ensure comfort and hygiene during lessons.

### 3. Hygiene & Pool Safety

Menstrual products should be disposed of properly in designated bins after use. Please avoid flushing products down toilets or leaving them in the pool area.

### 4. Additional Makeup Classes for Menstrual-Related Absences

Package A students are entitled to 1 free makeup class. For additional makeup classes due to planned trips, health issues, menstrual-related reasons, or other circumstances, please register for Package B, which includes 3 makeup classes.

**Manhattan Location - 2026 April to June session**

**Swimming Pool Location: 350 Grand Street, Manhattan, NY 10002**

Monday to Friday, please use Grand Street Entrance  
Saturday & Sunday, Please use Ludlow Street Entrance

Phone:(888) 831-0688  
www.royalswim.com  
info@royalswim.com  
Text Message:(646) 661-1038

**\*\*Dates are Subject to change by school**

**\*\*No class 5/23/26 to 5/26/26**

<b>Sat</b>	4/11	4/18	4/25	5/2	5/9	5/16	5/30	6/6	6/13	6/20
<b>Sun</b>	4/12	4/19	4/26	5/3	5/10	5/17	5/31	6/7	6/14	6/21
<b>Tue</b>	4/14	4/21	4/28	5/5	5/12	5/19	6/2	6/9	6/16	6/23
<b>Wed</b>	4/15	4/22	4/29	5/6	5/13	5/20	5/27	6/3	6/10	6/17
<b>Thurs</b>	4/16	4/23	4/30	5/7	5/14	5/21	5/28	6/4	6/11	6/18
<b>Fri</b>	4/17	4/24	5/1	5/8	5/15	5/22	5/29	6/5	6/12	6/26

**PS = Pre-School    BEG = Beginner    L1 to L7 = Level 1 to Level 7    L8 / PT = Pre-Team**  
**ST = Swim Team    \*\* = Long Distance Lane**

Manhattan Location: 350 Grand Street, Manhattan NY 10002																									
Tuesday	PS	BEG	L1	L2	L3	L4	L5	L6	L7	L8 PT	T	Saturday	PS	BEG	L1	L2	L3	L4	L5	L6	L7	L8 PT	T		
6:15-7:15										✓	✓	10:10-11:10	✓	✓	✓	✓				✓	✓	✓	✓		
**7:15-8:15	**This time slot for swim team practice (long Distance)											11:10-12:10	✓	✓	✓		✓			✓	✓	✓	✓	✓	
												12:10-1:10	✓	✓	✓	✓	✓	✓							
Wednesday	PS	BEG	L1	L2	L3	L4	L5	L6	L7	L8 PT	T	1:10-2:10	✓	✓	✓	✓	✓	✓			✓	✓			
6:15-7:15	✓	✓	✓			✓		✓				2:30-3:30					✓	✓	✓	✓					
7:15-8:15	✓	✓			✓	✓	✓		✓	✓	✓	3:30-4:30	✓	✓	✓	✓		✓		✓	✓	✓			
												4:30-5:30	✓	✓	✓			✓	✓	✓	✓	✓			
Thursday	PS	BEG	L1	L2	L3	L4	L5	L6	L7	L8 PT	T	5:30-6:30										✓	✓		
6:15-7:15	✓	✓	✓	✓		✓	✓					*6:30-8:00	*1 to 1.5 hour time slot for Swim Team (long Distance)												
7:15-8:15	✓	✓	✓	✓	✓		✓	✓		✓	✓														
7:15-8:15	**This time slot for swim team practice (Short Distance)											✓	✓	Sunday	PS	BEG	L1	L2	L3	L4	L5	L6	L7	L8 PT	T
Friday	PS	BEG	L1	L2	L3	L4	L5	L6	L7	L8 PT	T	10:10-11:10		✓			✓		✓		✓				
5:15-6:15	✓	✓			✓	✓		✓	✓			11:10-12:10	✓	✓		✓		✓		✓	✓	✓			
6:15-7:15	✓	✓	✓	✓				✓	✓			12:10-1:10	✓	✓	✓	✓	✓	✓		✓	✓	✓			
7:15-8:15	✓	✓		✓	✓	✓	✓		✓	✓	✓	1:10-2:10	✓	✓	✓	✓	✓	✓		✓		✓			
												2:30-3:30	✓	✓	✓	✓			✓	✓					
												3:30-4:30	✓	✓	✓		✓		✓	✓	✓	✓			
												4:30-5:30										✓	✓		
												*5:30-6:45	*1 to 1.5 hour for Pre-Team & Swim Team (Short/Long Distance)												
												*6:45-8:15	* 1.5 hour time slot for Swim Team (long Distance)												

\* For Swim Team and Pre-Team, Please See Page 5 or team page for Detail

**^Class will open depend on the number of registrants**

**Extra special discount applies to Current Student only register with Check or Zelle only before 3/1/26**

**(4 to 7 years old) Pre-School or (8 to 13, 14 & up year old) Beginner, Level 1 to Level 7:**

**\*\*If student is between 4 to 7 years old and has never learn swimming before and this will be there first-time learning swimming, they must take the Pre-School level before joining a higher level**

<b>Package A Recommend</b>	\$510 Current Student register before 3/1 (with check, Zelle payment only)	<b>One free makeup-class per session</b> (2nd or more make-ups will be charged an additional \$51/ class) 10 classes - 60 mins per week, total 10 hours
	\$540 New & Return student register before 3/15	
	\$570 Regular Price register after 3/16	
<b>**Current students= those enrolled in classes from January to March 2026</b>		
<b>Package B</b>	\$575 Current Student register before 3/1 (with check, Zelle payment only)	<b>Up to 3 makeup-class per session</b> - best for students who are aware of future missed classes due to planned trips, health issues, or other etc... 10 classes - 60 mins per week, total 10 hours
	\$605 New & Return student register before 3/15	
	\$635 Regular Price register after 3/16	
<b>Package C</b>	\$410	<b>For student want shorter in-water learning time, usually for 4&amp;5 yrs</b> Weekend only - 10 classes - 30 mins per week, total 5 hours
<b>Package D Recommend</b>	\$790 Current Student register before 3/1 (with check, Zelle payment only)	Twice a week <b>*Same Level Extra Day Swim Practice</b> Upgrade package A by adding \$280 to enjoy two lessons per week (Total: \$790). 20 classes - 60 mins per week, total 20 hours
	\$820 New & Return student register before 3/15	
	\$850 Regular Price register after 3/16	
<b>**Since this is special promotion, no free make-up lessons will be arranged</b> - If student need to absent for any reason: sickness, travel or menstruation, and students or parents request additional make-up lessons (each make-up lesson will be charged at \$51)		
<b>Per class</b>	\$75 / 60 mins	Student only register less than 9 classes (group class) Example for 60 mins: 7 classes \$525, 8 classes \$600, 9 classes \$675
<b>Swim Team</b>	Pre-Team and Swim Team	<b>For Swim Team and Pre-Team, please see page 5 or team page for detail</b>

**Brooklyn Location—2026 April to June session**

**Swimming Pool Location: 883 Classon Ave, Brooklyn, NY 11225**

Please use Union Street, Door #3 for Swim Pool Entrance  
If Union St door close, then you can use the Main Entrance at Classon Ave

Phone:(888) 831-0688  
www.royalswim.com  
info@royalswim.com  
Text Message:(646) 661-1038

**\*\*Dates are Subject to change by school \*\*No schedule changes allowed during the session**

Sat																						
Sun (Pending)																						

PS = Pre-School    BEG = Beginner    L1 to L7 = Level 1 to Level 7    L8 / PT = Pre-Team  
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Brooklyn Location: 883 Classon Ave, Brooklyn, NY 11225																									
Saturday	PS	BEG	L1	L2	L3	L4	L5	L6	L7	PT	T	Sunday	PS	BEG	L1	L2	L3	L4	L5	L6	L7	PT	T		
12:45-1:45	✓	✓	✓	✓	✓	✓	✓					12:45-1:45													
2:00-3:00	✓	✓	✓	✓	✓	✓	✓					2:00-3:00													
3:00-4:00	✓	✓	✓	✓	✓	✓	✓					3:00-4:00													
4:00-5:00	✓	✓	✓	✓	✓	✓	✓	✓				4:00-5:00													
**3:00-4:30	**1 to 1.5 hour time slot for swim team & pre-team (long distance)										✓	✓	**3:00-4:30	**1 to 1.5 hour time slot for swim team & pre-team (long distance)											
**4:30-6:00	**1.5 hour time slot for competition Team (long Distance)											✓	**4:30-6:00	**1.5 hour time slot for competition Team (long Distance)											

***^Class will open depend on the number of registrants***

**Extra special discount applies to Current Student only register with Check or Zelle only before 3/1/26**

**(4 to 7 years old) Pre-School or (8 to 13, 14 & up year old) Beginner, Level 1 to Level 7:**

**\*\*If student is between 4 to 7 years old and has never learn swimming before and this will be there first-time learning swimming, they must take the Pre-School level before joining a higher level**

<b>Package A</b> Recommend	\$510 Current Student register before 3/1 (with check, Zelle payment only)	<b>One free makeup-class per session</b> (2nd or more make-ups will be charged an additional \$51/ class) 10 classes - 60 mins per week, total 10 hours  <b>**Current students= those enrolled in classes from January to March 2026</b>
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	\$820 New & Return student register before 3/15	
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<b>Per class</b>	\$75 / 60 mins	Student only register less than 9 classes (group class) Example for 60 mins: 7 classes \$525, 8 classes \$600, 9 classes \$675
<b>Swim Team</b>	Pre-Team and Swim Team	<b>For Swim Team and Pre-Team, please see page 5 or team page for detail</b>

**\*If student has an absent or will be absent Please text office 1-646-661-1038 to schedule makeup lesson as soon as possible. Thanks!**

Student / Instructor Ratio
<b>Pre- School To Level 3</b> 1 Instructor / 3 to 4 students 1 Instructor & 1 TA / up to 7 students
<b>Level 4 to Level 7</b> 1 Instructors / 4 to 6 students 1 Instructor & 1 TA / 7 students and up
<b>Private or Semi Private Lesson</b> 1 Instructor / 1-2 Students

## FAQ Rule Policy

### **Q: Do students need to shower before entering the pool?**

**A:** Yes, **students must shower before entering the pool.** While the pool water cleans your body, the particles rinsed from your body by the water don't just disappear—they go into the pool. By showering, you're helping keep the water clean for everyone and doing your fellow swimmers a favor.

### **Q: How do make-up classes work?**

- ⇒ Every registrant is required to complete any make-up classes within the first 9 classes of the session. Make-up classes cannot be carried over or credit to the next session.
- ⇒ The second and any subsequent make-up classes will incur a \$50 fee. To schedule a make-up class, please contact our office via text message.
- ⇒ If a student misses their scheduled make-up class, it will be considered an automatic forfeiture of the make-up class.
- ⇒ Make-up classes cannot be scheduled on the same day as the student's regular class to ensure proper recovery.

### **Q: What happens if my child misses the final class or exam day?**

**A:** The 10th class is the exam day. If a student misses the 10th class, no make-up classes will be offered, as it is the final class and exam day. There is no option to transfer to the next session.

### **Q: What are the pool etiquette rules?**

- Eating and Drinking, and using bottles are not permitted in the pool area.
- Running and screaming not permitted in the pool area.
- Please dispose of any trash properly and keep the pool area clean.
- Photography and videography are not allowed in the pool area.

### **Q: What is the Locker Room Policy and Privacy Considerations**

**A: Students aged 7 or older** must use the locker room designated for their gender when changing.  
**Students aged 6 and younger** may go into the opposite gender's locker room with a parent/guardian, but must change in a shower room or private area for privacy.

### **Q: What should I do if my child needs to miss classes for illness or other reasons?**

**A:** Package A students are entitled to 1 free makeup class. For additional makeup classes due to planned trips, health issues, menstrual-related reasons, or other circumstances, please register for Package B, which includes 3 makeup classes.

## Refund Policy

### \* **Review Class Schedule and Calendar:**

Please carefully review the class schedule and calendar before registering.

### \* **Withdrawal Prior to Session Start:**

If a student withdraws less than 10 days before the first day of the session, a \$100 fee will be deducted from the original payment to cover the reserved spot. The remaining balance can either be refunded or applied as credit toward the following session.

### \* **Withdrawal During the Session:**

No refunds or credit transfers will be issued if a student withdraws at any point during the ongoing session. This policy is in place because the spot is held, the instructor is assigned for the entire semester, and we are unable to find a replacement mid-session.

### \* **Location Closures:**

If the location is temporarily closed before the semester begins, a full refund may be requested. However, if the location closes after the semester has started, students may request a transfer to another location or wait for the original location to reopen. No refunds will be issued in this case.

# SWIM TEAM

## Swim Tech

**All information Please Review Swimming Team PDF Page**

### ACADEMIC AND EXTRACURRICULAR ADVANTAGES

- ◆ Enhances school applications by showcasing discipline, commitment, and teamwork.
- ◆ Contributes to extracurricular credits or achievements on school transcripts, creating a well-rounded academic profile.

### TRAVEL AND EXPERIENCE

- ◆ Participation in swim meets offers valuable travel experiences and exposure to new locations and cultures.
- ◆ Team travel fosters personal growth, independence, and enhanced social interactions within the aquatic community.

### CAREER OPPORTUNITIES

- ◆ Experience in swimming can lead to jobs in aquatic activities like lifeguarding, coaching, or swim instruction.
- ◆ Skills like teamwork, leadership, and time management gained from swimming are valuable in various careers and improve job prospects.

### SKILL AND EXPERIENCE DEVELOPMENT

- ◆ Regular practice and competition significantly improve swimming techniques and overall performance.
- ◆ Competing in swim meets builds experience and confidence in Competitive environments.

### PERSONAL AND PROFESSIONAL GROWTH

- ◆ Discipline and Time Management, Balancing personal life develops effective time management and organizational skills.
- ◆ Leadership and Teamwork: The team environment fosters leadership skills and enhances the ability to work towards common goals

**WHY JOINING  
THE SWIM  
TEAM?**

**We are part of the  
USA swimming**


**All team members are encouraged to  
compete for additional experience.**



**Welcome Level PT/Team Achievers:  
Time to Try Out for Our Swim Teams!**

**WE have both practice location in**

- ◆ Manhattan
- ◆ Brooklyn

**For more detail please check the  
following page** 

**All information Please Review Swimming Team PDF Page**