

**Content:**

- Page 1: News and Notes  
Page 2: Manhattan Swim Schedule and information  
Page 3: Brooklyn Swim Schedule and information  
Page 4: Rule, Policy and Suggestion for Swim Class uniform  
Page 5: Swimming Team information

**To: All Students and Parents:**

1. Good News! Our New Brooklyn indoor swimming pool is located by the Brooklyn Botanical Garden, newly renovated with warm 82 degree water, convenient transportation and parking. Please see reverse side for schedule and details.
2. New Swim Session for Manhattan and Brooklyn location (9/28/24-12/20/24) registration is now available. Due to the limited spots in each class, **in order to ensure that the current student's spot is reserved with early bird discount, please register before 8/25/24**, After 8/26/24, we will give out open spots to new students.
3. **Early Bird** payment for current students is before 8/25 by check, credit card, cash and QuickPay (Zelle). Please make payments by check if possible, as it is our preferred method of payment. After 8/26 only Check, Money Order, Credit Card or 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** weeknight classes special now to 8/25, Current student \$380 / New & Return student \$410 (Wednesday or Thursday), after 8/26 will be \$440. See second page for more detail
6. Because our staff is usually at the pool area or in the water, if you need to communicate with us, **text messages to (646) 661-1038 are preferred, 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!**

**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

**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

**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

**Adult Special, Beginner level only ( Wed & Thursday )**

For current student \$380 register before 8/25/24,

For new and return student \$410 before 8/25/24, \$440 after 8/26  
(can not combine other promotion)

Manhattan Location - 2024 Sept to Dec 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

\* No class on 11/27 to 12/2

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

PS = Pre-School    BEG = Beginner    L1 to L7 = Level 1 to Level 7    PT = Pre-Team    ST = Swim Team

Manhattan Location: 350 Grand Street, Manhattan NY 10002																																	
Tuesday	PS	BEG	L1	L2	L3	L4	L5	L6	L7	PT	T	Saturday	PS	BEG	L1	L2	L3	L4	L5	L6	L7	PT	T										
5:30-6:30									✓	✓	✓	10:10-11:10		✓	✓	✓					✓	✓	✓										
6:30-7:30											✓	11:10-12:10	✓	✓	✓		✓			✓													
**6:30-8:00	**This time slot for swim team practice (long Distance)											✓	12:10-1:10	✓	✓	✓			✓	✓													
Wednesday	PS	BEG	L1	L2	L3	L4	L5	L6	L7	PT	T	1:10-2:10	✓	✓	✓	✓	✓	✓			✓	✓	✓										
5:30-6:30	✓		✓			✓	✓					2:30-3:30		✓	✓				✓														
6:30-7:30		✓	✓	✓	✓				✓			3:30-4:30	✓	✓	✓		✓				✓												
7:30-8:30												4:30-5:30	✓	✓	✓	✓		✓		✓													
Thursday	PS	BEG	L1	L2	L3	L4	L5	L6	L7	PT	T	5:30-6:30	✓	✓	✓	✓	✓	✓			✓	✓	✓										
5:30-6:30		✓	✓			✓	✓					*6:30-8:00	*1 to 1.5 hour time slot for Swim Team (long Distance)										✓										
6:30-7:30	✓	✓		✓	✓			✓	✓	✓	✓																						
6:30-7:30	**This time slot for swim team practice (Short Distance)											✓	✓	Sunday	PS	BEG	L1	L2	L3	L4	L5	L6	L7	PT	T								
Friday	PS	BEG	L1	L2	L3	L4	L5	L6	L7	PT	T	10:10-11:10		✓	✓	✓			✓		✓	✓	✓										
5:30-6:30	✓	✓	✓			✓						11:10-12:10	✓	✓			✓	✓		✓													
6:30-7:30	✓	✓		✓	✓			✓				12:10-1:10	✓	✓	✓	✓	✓				✓	✓											
7:30-8:30		✓	✓				✓	✓	✓	✓	✓	1:10-2:10	✓	✓	✓		✓		✓														
**For Monday to Friday student ONLY There will be irregular time changes in October, and the class time may be delayed by at least 30 to 60 minutes. (If there is a confirm delay, we will notify before October 1st) Class schedule will back to regular time start at November												2:30-3:30			✓		✓	✓	✓														
												3:30-4:30	✓	✓	✓	✓			✓														
												4:30-5:30	✓	✓	✓	✓	✓	✓		✓	✓							✓	✓				
												*4:30-6:00	*1 to 1.5 hour for Pre-Team & Swim Team (Short/Long Distance)										✓	✓									
* For Swim Team and Pre-Team, Please See Page 5 or team page for Detail												*6:00-7:30	* 1.5 hour time slot for Swim Team (long Distance)											✓									

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

Extra special discount applies to <b>Current Student</b> only register with Check or Zelle only <b>before 8/25/24</b>		
<b>(4 to 7 years old) Pre-School or (8 to 13, 14 &amp; up year old) Beginner, Level 1 to Level 7:</b> **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 <b>Pre-School</b> level before joining a higher level		
Package A Recommend	\$480 <b>Current Student</b> register before 8/25 (with check, Zelle payment only)	One free makeup-class per session (2nd or more make-ups will be charged an additional \$48/ class) 10 classes - 60 mins per week, total 10 hours
	\$510 <b>New &amp; Return student</b> register before 9/8	
	\$540 <b>Regular Price</b> register after 9/9	
Package B	\$540 <b>Current Student</b> register before 8/25 (with check, Zelle payment only)	Up to 3 makeup-class per session - 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
	\$570 <b>New &amp; Return student</b> register before 9/8	
	\$600 <b>Regular Price</b> register after 9/9	
Package C	\$380	For student want shorter in-water learning time, usually for 4&5 yrs Weekend only - 10 classes - 30 mins per week, total 5 hours
Package D Recommend	\$760 <b>Current Student</b> register before 8/25 (with check, Zelle payment only)	Twice a week <b>Promotion (+\$280) *Same Level Extra Day Swim Practice</b> 20 classes - 60 mins per week, total 20 hours  <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 \$48)
	\$790 <b>New &amp; Return student</b> register before 9/8	
	\$820 <b>Regular Price</b> register after 9/9	
Per class	\$60 / 60 mins or \$90 / 90 mins	Student only register less than 9 classes (group class) Example for 60 mins: 7 classes \$420, 8 classes \$480, 9 classes \$540
Swim Team	Pre-Team and Swim Team	For Swim Team and Pre-Team, please see page 5 or team page for detail

Brooklyn Location—2024 Sep to Dec 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

Sat	9/28	10/19	10/26	11/16	11/23	12/7	12/14	1/4	1/11	1/18
Sun (Close)										

PS = Pre-School    BEG = Beginner    L1 to L7 = Level 1 to Level 7    PT = Pre-Team    ST = Swim Team

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
11:00-12:00	✓	✓	✓	✓	✓	✓	✓					11:00-12:00	✓	✓	✓	✓	✓	✓	✓				
12:00-1:00	✓	✓	✓	✓	✓	✓	✓					12:00-1:00	✓	✓	✓	✓	✓	✓	✓				
1:00-2:00	✓	✓	✓	✓	✓	✓	✓					1:00-2:00	✓	✓	✓	✓	✓	✓	✓				
2:00-3:00	✓	✓	✓	✓	✓	✓	✓	✓				2:00-3:00	✓	✓	✓	✓	✓	✓	✓	✓			
3:00-4:00	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	3:00-4:00	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
**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 8/25/24		
(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		
Package A Recommend	\$480 Current Student register before 8/25 (with check, Zelle payment only)	One free makeup-class per session (2nd or more make-ups will be charged an additional \$48/ class) 10 classes - 60 mins per week, total 10 hours
	\$510 New & Return student register before 9/8	
	\$540 Regular Price register after 9/9	
Package B	\$540 Current Student register before 8/25 (with check, Zelle payment only)	Up to 3 makeup-class per session - 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
	\$570 New & Return student register before 9/8	
	\$600 Regular Price register after 9/9	
Package C	\$380	For student want shorter in-water learning time, usually for 4&5 yrs Weekend only - 10 classes - 30 mins per week, total 5 hours
Package D Recommend	\$760 Current Student register before 8/25 (with check, Zelle payment only)	Twice a week Promotion (+\$280) *Same Level Extra Day Swim Practice 20 classes - 60 mins per week, total 20 hours  **Since this is special promotion, no free make-up lessons will be arranged - 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 \$48)
	\$790 New & Return student register before 9/8	
	\$820 Regular Price register after 9/9	
Per class	\$60 / 60 mins or \$90 / 90 mins	Student only register less than 9 classes (group class) Example for 60 mins: 7 classes \$420, 8 classes \$480, 9 classes \$540
Swim Team	Pre-Team and Swim Team	Please see page 5 for Detail

\*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
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



# Refund & Rule Policy

## Refund policy:

- \*\* Please carefully review the class schedule and calendar before registering**
- \* Students who fail to give at least 10 days' notice of withdrawal before the first day of the session, will have a \$100 fee withheld from the original payment. (because we already holding the spot for student)
- \* For students who withdraw any time during the ongoing semester (for any reason), there will be no refund and no credit transfer.
- \* If location is temporarily closed for repairs or any reasons before the semester starts, a full refund may be requested; however, if the location is closed after the semester has begun, students can request a transfer to another location or to wait for the same location until it reopens, no refund will be issued.

## Student Must Shower Before Entering the Pool

\*The water does clean your body, but those particles being rinsed from your body by the pool water don't just disappear. They go into the water. So, by showering, you're doing your fellow swimmers a favor

## Rule and Pool Policy:

- Every registrant must complete make-up class during the 1st to 9th classes of the session, cannot be postponed to new session. The second or more make-up classes will be charged an additional \$48. Please contact our office by text message to schedule makeup. If the student failed to meet the make-up time, it will be regarded as an automatic abandonment. To avoid excessive exercise, the make-up class cannot be on the same day as the student's class
- The last class of the semester is the exam day. If the student is absent in the 10th class (last class), we will not able arrange make-up classes, because it is the last class of the session and exam day. No transfer to next session.
- No running, eating, drinking, No Bottles, No leaving trash at pool area, also taking picture and video-taping is not allowed.
- Age 7 or older must go to same sex locker room to get change.
- If students need to miss classes due to menstruation, sickness, travel or other reasons, student can consider enrolling in package B to get 3 make-up classes.
- Royal Athletic reserves the right to make any final changes, please refer to our swimming website: [royalswim.com](http://royalswim.com) for details

# Suggestion for 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



# SWIM TEAM

**Swim Tech**

## Benefits of Joining a swimming team

### 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 7/PT 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 →

For further information or to address any concerns, please contact our office (646) 661-1038 directly.

We look forward to a successful swim season

Swim Team Schedule Overview

- General Information**  
**USA Swimming Competitions:** Pre-Team, Bronze, and Silver members are encouraged to compete for experience.  
**Registration per session:** Register for individual practice sessions as needed  
**Annual Registration:** All team members can now register annually for streamlined scheduling.
- Practice and Meet Schedule**  
**Swim Meets:** No regular practices on meet days. If desired, students may attend practice after a meet during the Pre-Team hour at our Manhattan location on weekends.
- Location Policy**  
**Weekend Practices:** For optimal training results, there will be no switching between Manhattan and Brooklyn locations for weekend practices once they start, except for necessary repairs.
- Practice Recommendations**  
**Pre-Team/Non-Competition:** 1-2 days per week. Options include short or long distance practices.  
**Bronze/Silver Teams:** 2-3 days per week, with a focus on long distance. Optional weekday practices.  
**Gold Team:** Mandatory practices on Saturday and Sunday, with optional Tuesday sessions.  
Student with Limited weekend and weekday practices may lead to reassignment.  
**Team Swimmer’s Time Slots:** Assigned by the head coach. Parents will receive practice schedules via text.

Swim Team practice schedule 2024 September to December

**Manhattan Swim Pool Location - 350 Grand Street, Manhattan, NY 10002**  
Please use Ludlow Street Entrance, if close please try the Grand street entrance

Short Distance	Long Distance	Please be advised that the final practice schedule will be confirmed based on the number of members. We will provide updates accordingly.
Please look at L7/PT level schedule	- Tuesday: 5:30pm or 6:30pm - Saturday: 5:30pm or 6:30pm - Sunday: 4:30pm or 5:30pm	

**Brooklyn Swim 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

Short Distance	Swim Team (Silver)	Swim Team (Gold)	Swim Team (Elite)
Please look at L7/PT level schedule	- Saturday 1:30pm-2:45pm - Sunday (TBA)	- Saturday 2:45pm-4:00pm - Sunday (TBA)	- Saturday 4:00pm-5:15pm - Sunday (TBA)

**\*\*Practice Location and Schedule Updates**  
Please note that our practice location and schedule will be updated every three months.  
For the latest news and any changes, be sure to check regularly.

**Weekend practices will be held at either our Manhattan or Brooklyn locations.**  
If a location is unavailable, we will switch to the alternate location. Updates will be communicated via text or WeChat.



Team Package

Package A Register by Annual (All four sessions) (Recommend)	
\$2600 Annually Special	<p><b>Saturday &amp; Sunday practice, (At least 80 swim practices will be held per year, including swim meets )</b></p> <p>- additional practice on <b>Tuesday</b> when available (with no extra charge)</p> <p>- Space are limited, swimmer have High attendant % will have first priority for their practice day choose before each new session start</p> <p><b>Pay in full or Installment plan: First deposit \$700</b></p> <p>Follow up payment: 11/1/24 \$700, 12/1/24 \$700 and before 2/1/25 \$500 as last payment</p>

Package B Register by sessions		
Team Package B Register by 10 week program	<b>60 mins practice per week for 10 week - Short Distance</b> Choose 1 hour short distance practice time slot, will mixed with Level 6 or Level 7 together	\$480
	<b>60 mins practice per week for 10 week - Long Distance</b> Choose 1 hour long distance practice time slot (Saturday 5:30pm or Tuesday 5:30 Manhattan location)	\$520
	<b>90 mins practice per week for 10 week - Long Distance</b> Choose Long Distance Practice (Saturday 5:30pm, Sunday 4:30pm or Tue 6:30pm)	\$600
	<b>Twice per week, practice at <u>weekend only</u>, each practice 60-90 mins for 10 week (Recommend)</b> 2x per week at weekend for Short or Long Distance Practice (1 to 1.5hr each time)	\$700
	<b>Twice per week, practice at <u>weekday only</u>, each practice 60 mins for 10 week</b> 2x per week at weeknight for Short or Long Distance Practice (1 hour each time)	\$700
	<b>Mix weekend and weekday Schedule - practice <u>Twice</u> per week (1 to 1.5hr each time) (Recommend)</b> <ul style="list-style-type: none"><li>◆ <b>+\$20</b> for additional 1 more practice during the week, total 3 times per week</li><li>◆ <b>+\$30</b> for additional 2 more practice during the week, total 4 times per week</li><li>◆ <b>+\$40</b> for additional 3 more practice during the week, total 5 times per week</li></ul>	\$820 / x3 \$830 / x4 \$840 / x5
	<ul style="list-style-type: none"><li>◆ <b>Registration per weekend ONLY:</b> Students who register on a per-class basis will incur a cost of -<b>\$100</b> <u>per weekend practice</u> -<b>\$80</b> <u>per one weekday + one weekend practice</u></li></ul> <p><b>**No Make-Up class for 1 day long distance swimmer and also who swim twice or more practice per week.</b></p> <p><b>**Additional \$20 each time for additional practice or switch time during the week.</b></p>	

Announcing Additional Monday Practice for Swim Team Members

Please note that adding an extra Monday swim practice will incur an additional fee.  
Details about this new option will be available soon.

Essential Details for Participating in USA Swimming Information	
** \$290	<ul style="list-style-type: none"><li>◆ \$90 Annually fees for USA Swimming competition ID (Sept 2024 to August 2025) and One Team Cap (extra charge for additional cap)</li><li>◆ \$200 for <b>Four</b> swimming competition within the annual (*Additional charge \$70 for additional competition)</li></ul>
** \$490 (Recommend)	<ul style="list-style-type: none"><li>◆ \$90 Annually fees for USA Swimming competition ID (Sept 2024 to August 2025) and One Team Cap (extra charge for additional cap)</li><li>◆ \$400 for at least <b>Eight</b> swimming competition within the annual (*Additional charge may apply for more competition)</li></ul>