Swimming Schedule
(7/11/26 - 9/25/26)

海 龍 游 泳 體 育 會
royal athletic inc
professional swim training

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

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To: All Students and Parents:

1. Please note that many afternoon students may switch to morning classes during the summer. Once registered, class times will remain fixed for the semester. Schedule change requests for September will be accommodated if possible but cannot be guaranteed. Priority for the fall semester will be given to students keeping their current schedules.

2. Registration for the new Manhattan Swim Session (7/11/26 – 9/25/26) is now open. Due to limited availability, current students who would like to reserve their spots with the Early Bird discount must register before 6/8/26. Beginning 6/9/26, tuition will increase to regular price and any remaining spots will be opened to new students.

3. Early Bird payment for current students must be completed before 6/8/26 via check, cash, or QuickPay (Zelle). If possible, we kindly prefer payment by check or Zelle. After 6/9/26, only check, money order, or QuickPay (Zelle) will be accepted.

4. If you enjoy our swim program, please refer your friends and family to our Manhattan or Brooklyn locations. When a new student referred by you enrolls in our program at either location, you will receive a $30 voucher that can be applied toward your next session 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 6/9/26 will be $460 (This promotion applies to adult week-day classes only.)**

6. Since our staff are often in the pool area or in the water, texting **(646) 661-1038** is the fastest way to reach us and will usually 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 5-6 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

Adult Special, Beginner level only (Wed & Thursday 7:15pm or Friday 7:15pm)
-For current student $410 register before 6/8/26

-For new and return student $440 before 6/8/26
$460 after 6/9/26
(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

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.

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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.

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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.

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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 July to September 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 8/24/26 to 9/8/26

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

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
6:15-7:15										✓	✓
**7:15-8:15	**This time slot for swim team practice (long Distance)										✓

Wednesday	PS	BEG	L1	L2	L3	L4	L5	L6	L7	L8 PT	T
6:15-7:15	✓	✓	✓	✓			✓		✓		
7:15-8:15	✓	✓			✓	✓	✓	✓		✓	✓

Thursday	PS	BEG	L1	L2	L3	L4	L5	L6	L7	L8 PT	T
6:15-7:15	✓	✓	✓		✓	✓		✓			
7:15-8:15	✓	✓		✓	✓		✓		✓	✓	✓
7:15-8:15	**This time slot for swim team practice (Short Distance)									✓	✓

Friday	PS	BEG	L1	L2	L3	L4	L5	L6	L7	L8 PT	T
5:15-6:15	✓	✓		✓		✓			✓		
6:15-7:15	✓	✓	✓	✓	✓					✓	
7:15-8:15	✓	✓			✓	✓	✓	✓	✓	✓	✓

Saturday	PS	BEG	L1	L2	L3	L4	L5	L6	L7	L8 PT	T
10:10-11:10	✓	✓	✓			✓	✓		✓	✓	
11:10-12:10	✓	✓	✓		✓	✓					
12:10-1:10	✓	✓	✓	✓		✓	✓	✓			
1:10-2:10	✓	✓		✓		✓	✓		✓	✓	
2:30-3:30	✓	✓	✓			✓	✓	✓			
3:30-4:30	✓	✓	✓	✓	✓		✓		✓	✓	✓
4:30-5:30	✓	✓	✓	✓		✓		✓	✓	✓	✓
5:30-6:30	✓	✓	✓			✓			✓	✓	✓
*6:30-8:00	*1 to 1.5 hour time slot for Swim Team (long Distance)										✓

Sunday	PS	BEG	L1	L2	L3	L4	L5	L6	L7	L8 PT	T
10:10-11:10	✓	✓	✓			✓		✓			
11:10-12:10	✓	✓	✓		✓		✓			✓	✓
12:10-1:10	✓	✓	✓	✓		✓	✓		✓	✓	✓
1:10-2:10	✓	✓	✓		✓	✓	✓	✓			
2:30-3:30	✓	✓	✓	✓	✓			✓			
3:30-4:30	✓	✓	✓		✓	✓	✓		✓	✓	✓
4:30-5:30	✓	✓	✓	✓		✓	✓	✓		✓	✓
*5:30-6:30	✓	✓					✓	✓		✓	✓
*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 6/8/26

(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

Package A Recommend	**$510** Current Student register before 6/8 (with check, Zelle payment only) **$540** New & Return student register before 6/22 $570 Regular Price register after 6/23	**One free makeup-class per session** (2nd or more make-ups will be charged an additional $50/ class) 10 classes - 60 mins per week, total 10 hours **Current students= **those enrolled in classes from April to June 2026**
Package B	**$575** Current Student register before 6/8 (with check, Zelle payment only) **$605** New & Return student register before 6/22 $635 Regular Price register after 6/23	**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
Package C	$410	**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	**$790** Current Student register before 6/8 (with check, Zelle payment only) **$820** New & Return student register before 6/22 $850 Regular Price register after 6/23	Twice a week ***Same Level Extra Day Swim Practice** Upgrade package A by adding $280 to enjoy two lessons per week (Total: $790). 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 $51)
Per class	$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
Swim Team	Pre-Team and Swim Team	**For Swim Team and Pre-Team, please see page 5 or team page for detail**

Brooklyn Location—2026 July to September 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 (Pending)	7/11	7/18	7/25	8/1	8/8	8/15	8/22	9/12	9/19	9/26
Sun (Pending)										

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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)									✓	✓

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Please text office 1-646-661-1038 to schedule makeup lesson as soon as possible. Thanks!

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Pre– School To Level 3
1 Instructor / 3 to 4 students
1 Instructor & 1 TA / up to 5-6 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

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.
- Photography and videography are not allowed in the pool area.
- Please dispose of any trash properly and keep the pool area clean.

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 for repair 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

WHY JOINING THE SWIM 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

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

海 龍 游 泳 體 育 會
royal athletic inc
professional swim training