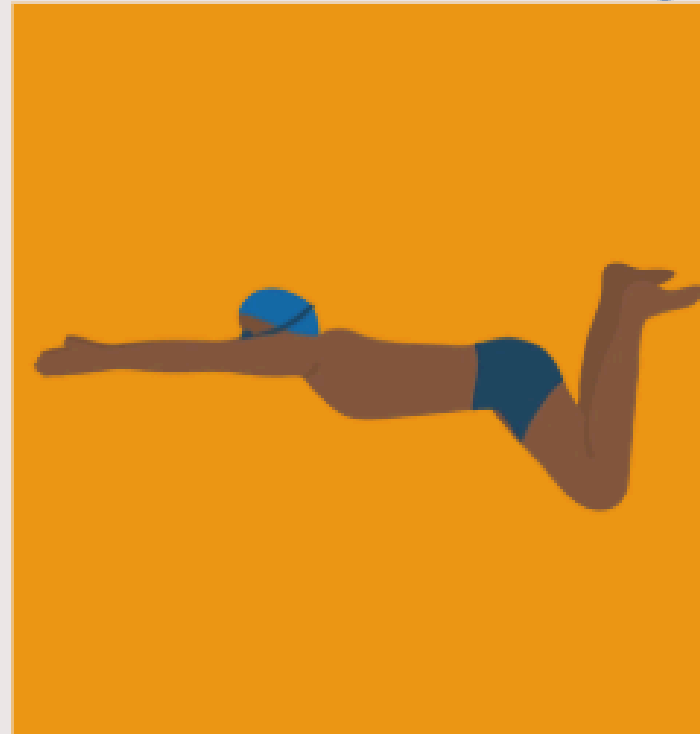


RIDGEWOOD AQUATICS



REGISTRATION 2026

PROGRAMS

Competitive Graydon Swim Team

- Competitors learn refined stroke mechanics, racing techniques, and build endurance.
- Ages 13-17, 11 & 12, 8-10

FIG Class: Hybrid Competitive Swim Team & Future Instructor & Guard Instructional Class

- The instructional component will include skills that participants will need to learn and perform when they are 15 years old and eligible to take a lifeguard training course.
- Some skills include surface diving, backboard extraction, rescue tube skills, and surf rescue board operations. Participants will learn basic instructional skills to teach children safely in the water.

Camp Learn to Swim

- This is a progressive series of classes building upon skills at each lesson level. Children in grades K-6 who are enrolled in Camp ONLY are eligible to participate.
- This class is at 1:30 and children will be brought from camp to Graydon Pool. Skills focus on water exploration, stroke mechanics, coordination, and safety.

Learn to Swim

- This is a progressive series of classes building upon skills at each lesson level. Children in grades K-8 are eligible to participate. Class choices are 2:30, 3:30, or 4:30.
- Skills focus on water exploration, stroke mechanics, coordination, and safety.

Parent & Me

- Parents join their children in the water for this class. Parents and children are taught by instructors to learn basic swimming skills and water safety rules for children 1-4 years of age.
- Parents can register for one two-week session only in the 2:30 or 4:30 time slot.

COMPETITIVE SWIM TEAM

GRAYDON COMPETITIVE SWIM TEAM	TIME
Competitive Swim Team (Ages 13-17) \$190/19 practices: July 6-July 30	1:15-2:15 PM (M-F)
Competitive Swim Team (Ages 11 & 12) \$190/19 practices: July 6-July 30	2:15-3:15 PM (M-F)
Competitive Swim Team (Ages 8-10) \$190/19 practices: July 6-July 30	3:15-4:15 PM (M-F)

- **Competitive Swim Team (13-17, 11 & 12, 8-10-year-olds) –**
- **This is a competitive program ONLY for those who have passed the Deep-Water Test– NO EXCEPTIONS!**
- **Competitors learn refined stroke mechanics, racing techniques, and build endurance.**
- **There will be meets against other local teams. Join us in defending our 2023-2025 Lake League Championship Titles!**
- **Swimmers will be required to have a 2026 Seasonal Membership Badge.**
- **Team suits are expected and can be purchased from our team portal on The Metro Swim Shop.**
- **Swimmers must swim at their age practice. This is determined by participant's age as of May 31st. This is not grouped by grade level and NO exceptions are made for swimming at an alternative time period.**

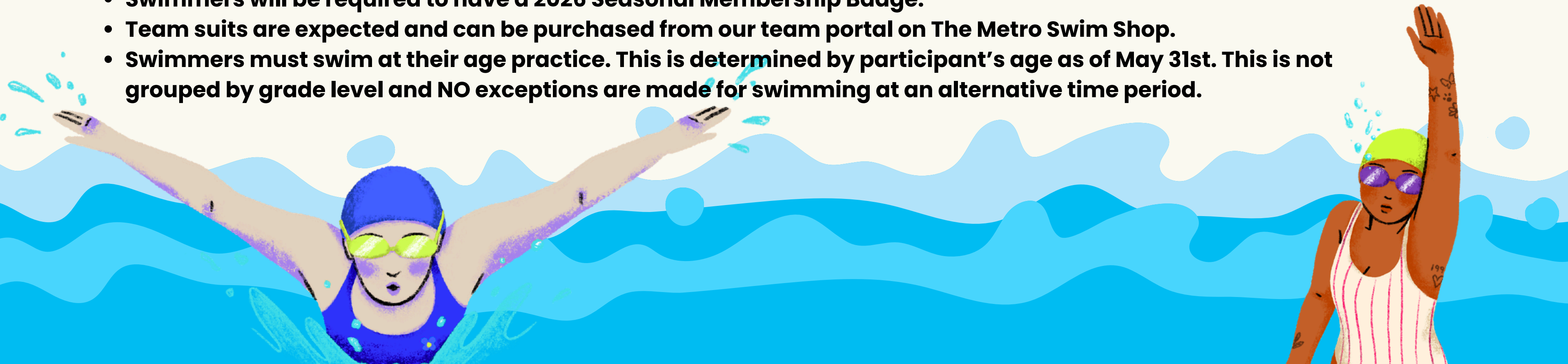


FIG PROGRAM

FIG CLASS: COMBO- FUTURE INSTRUCTOR & GUARDS w/ SWIM TEAM	TIME
Competitive Swim Team (Ages 13-17) along with lifeguard/ swim instructor training classes-\$400/19 practices & 19 lessons: July 6-July 30	1:15-3:15 PM (M-F)

- **Competitive Swim Team (13 & older) -**
- **This is a competitive program and an instructional program ONLY for those who have passed the Deep-Water Test. All participants MUST be 13 years old by May 31st, 2026.**
- **Competitors learn refined stroke mechanics, racing techniques, and build endurance and compete in our competitive swim meets.**
- **The instructional component will include skills that participants will need to learn and perform when they are 15 years old and eligible to take a lifeguard training course. Some skills include surface diving, backboard extraction, rescue tube skills, and surf rescue board operations. Participants will learn basic instructional skills to teach children safely in the water.**
- **Swimmers will be required to have a 2026 Seasonal Membership Badge.**
- **This program does not certify participants to work as a lifeguard.**

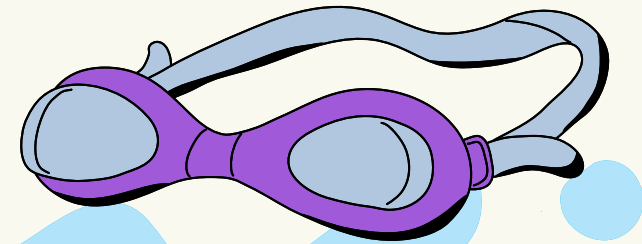


CAMP LEARN TO SWIM

CAMP SWIMMING INSTRUCTION	TIME
Youth Levels 1-6 (Grades K-6) \$325/19 sessions July 6-30	1:30-2:15 PM (M-F)

- **Youth Levels 1-6 Instruction (Grades K-6)-**
- **This is a progressive series of classes building upon skills at each lesson level. Children in grades K-6 who are enrolled in Camp ONLY are eligible to participate. Skills focus on water exploration, stroke mechanics, coordination, and safety. Level 4 is designed to prepare potential candidates to pass the Deep Water Test. Level 5 & 6 swimmers must have been recorded as passing the Deep-Water Test in 2025 or must pass this season to participate in these levels.**
- **Swimmers will be required to have a 2026 Seasonal Membership Badge.**
- **Children will be walked over to pool from camp.**

- **The first 80 registrants will be prioritized. Prioritized DOES NOT MEAN GUARANTEED. Returning participants who waive swim testing will be placed first. Everyone else who needs testing will need to come for a swim placement test. Availability at each level will be filled until maximized. Those not able to be placed at 1:30 will be refunded. You ARE NOT OFFICIALLY ENROLLED until you receive an email confirming your class placement.**
- **Questions should be emailed to recreation@ridgewoodnj.net.**



Swim Evaluations

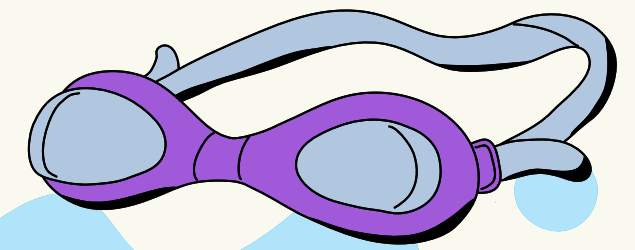
- **Sunday, May 31st 12:00-2:00 PM**
 - **Tuesday, June 2nd 4:00-6:00 PM**
 - **Thursday, June 4th 4:00-6:00 PM**
 - **Saturday, June 6th 12:00-2:00 PM**
 - **Tuesday, June 9th 4:00-6:00 PM**

 - **Thursday, June 11th 4:00-6:00 PM**
 - **Saturday, June 13th 12:00-2:00 PM**
 - **Tuesday June 16th 4:00-6:00 PM**
- **Please go to the Manager's Office at Graydon to check in. Swim Tests given on a first come, first serve basis.**

YOUTH SWIMMING INSTRUCTION

YOUTH SWIMMING INSTRUCTION	TIME
Youth Levels 1-6 (Grades K-8) \$250/19 sessions July 6-30	2:30-3:15 PM (M-F)
Youth Levels 1-6 (Grades K-8) \$250/19 sessions July 6-30	3:30-4:15 PM (M-F)
Youth Levels 1-6 (Grades K-8) \$250/19 sessions July 6-30	4:30-5:15 PM (M-F)

- **Youth Levels 1-6 Instruction (Grades K-8)-**
- **This is a progressive series of classes building upon skills at each lesson level. Skills focus on water exploration, stroke mechanics, coordination, and safety. Level 4 is designed to prepare potential candidates to pass the Deep Water Test. Level 5 & 6 swimmers must have been recorded as passing the Deep-Water Test in 2025 or must pass this season to participate in these levels.**
- **Swimmers will be required to have a 2026 Seasonal Membership Badge.**
- **Returning participants should choose either waive testing or re-evaluation. All new participants MUST be evaluated. Returning participants who waive swim testing will be placed first. Everyone else who needs testing will need to come for a swim placement test. Availability at each level will be filled until maximized. Those not able to be placed will be refunded. You ARE NOT OFFICIALLY ENROLLED until you receive an email confirming your class placement.**
- **Questions should be emailed to recreation@ridgewoodnj.net.**



Swim Evaluations

- **Sunday, May 31st 12:00-2:00 PM**
- **Tuesday, June 2nd 4:00-6:00 PM**
- **Thursday, June 4th 4:00-6:00 PM**
- **Saturday, June 6th 12:00-2:00 PM**
- **Tuesday, June 9th 4:00-6:00 PM**
- **Thursday, June 11th 4:00-6:00 PM**
- **Saturday, June 13th 12:00-2:00 PM**
- **Tuesday June 16th 4:00-6:00 PM**
- **Please go to the Manager's Office at Graydon to check in. Swim Tests given on a first come, first serve basis.**

PARENT & ME

PARENT & TODDLER/PRE-K SWIM INSTRUCTION	TIME
Parent & Toddler/Preschooler Session 1- \$100/9 sessions: July 6-16	2:30-3:15 PM (M-F)
Parent & Toddler/Preschooler Session 2- \$100/9 sessions: July 20-30	2:30-3:15 PM (M-F)
Parent & Toddler/Preschooler Session 1- \$100/9 sessions: July 6-16	4:30-5:15 PM (M-F)
Parent & Toddler/Preschooler Session 2- \$100/9 sessions: July 20-30	4:30-5:15 PM (M-F)

- **Parent & Toddler-**
- **Parents join their children in the water for this class. Parents and children are taught by instructors to learn basic swimming skills and water safety rules for children 1-4 years of age. Toddlers will be in one group. Preschoolers will be in a second group. Children MUST have an adult or teen caregiver to participate in this class. Once children demonstrate a certain level of independence, the instructor may ask for parents to take a lesser role.**
- **Space is limited for each time slot.**
- **YOU MAY ONLY SIGN UP FOR ONE SESSION**
- **Swimmers will be required to have a 2026 Seasonal Membership Badge unless under the age of 2.**
- **No Swim Test Required.**
- **The last day of each session is on a Thursday.**



PARENT & ME

PARENT & TODDLER/PRE-K SWIM INSTRUCTION	TIME
Parent & Toddler/Preschooler Session 1- \$100/9 sessions: July 6-16	2:30-3:15 PM (M-F)
Parent & Toddler/Preschooler Session 2- \$100/9 sessions: July 20-30	2:30-3:15 PM (M-F)
Parent & Toddler/Preschooler Session 1- \$100/9 sessions: July 6-16	4:30-5:15 PM (M-F)
Parent & Toddler/Preschooler Session 2- \$100/9 sessions: July 20-30	4:30-5:15 PM (M-F)

- **Parent & Toddler-**
- **Parents join their children in the water for this class. Parents and children are taught by instructors to learn basic swimming skills and water safety rules for children 1-4 years of age. Toddlers will be in one group. Preschoolers will be in a second group. Children MUST have an adult or teen caregiver to participate in this class. Once children demonstrate a certain level of independence, the instructor may ask for parents to take a lesser role.**
- **Space is limited for each time slot.**
- **YOU MAY ONLY SIGN UP FOR ONE SESSION**
- **Swimmers will be required to have a 2026 Seasonal Membership Badge unless under the age of 2.**
- **No Swim Test Required.**
- **The last day of each session is on a Thursday.**



IMPORTANT DATES

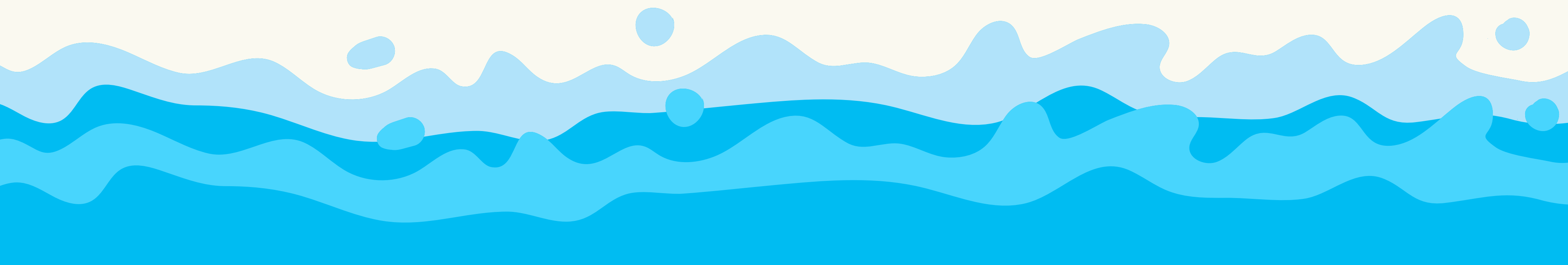
- **Registration Opens: Monday, April 1, 2026**
- **Registration Closes: Monday, June 15, 2026**

- **Age requirement for Swim Team: May 31, 2026**
- **Swim Team Suit Sale: Saturday, June 13, 2026**

Swim Evaluations:

- **Sunday, May 31st 12:00–2:00 PM**
- **Tuesday, June 2nd 4:00–6:00 PM**
- **Thursday, June 4th 4:00–6:00 PM**
- **Saturday, June 6th 12:00–2:00 PM**
- **Tuesday, June 9th 4:00–6:00 PM**
- **Thursday, June 11th 4:00–6:00 PM**
- **Saturday, June 13th 12:00–2:00 PM**
- **Tuesday June 16th 4:00–6:00 PM**

2026		JUNE					
SUN	MON	TUE	WED	THU	FRI	SAT	
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30					

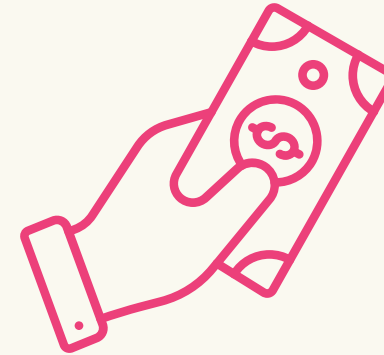


IMPORTANT POLICIES

- Lessons are held rain or shine as long as Graydon facility is open.
- No refunds are given due to weather conditions or missed classes! An e-alert will be sent if your class time is delayed or cancelled due to weather conditions.



- An additional \$15 fee will be charged to non-residents



- **General Waiver**
- I agree/give permission for myself/my child to participate in swimming instruction by a Graydon staff member. I certify, to the best of my knowledge, that I/my child have good health and ability to fully participate in all activities associated with this instruction, and that I/my child require no special accommodation because of any disability. I/my child's health is not affected by any medication during participation in this program.
- I assume all risks and hazards incidental to such participation. I hereby waive, release, absolve, indemnify and agree to hold harmless the organizers, sponsors, supervisors, and persons involved in the activities for any claim arising out of an injury to my child, whether the result of negligence or for any other cause, except to the extent and in the amount covered by accident insurance.



WHERE DO I GO?

- **Where Should I Go To Meet My Instructor?**
- **Swim Instruction Classes** behind stand 4 on the N. Maple Avenue side
- **Parent/Toddler Classes** behind stand 4 on the N. Maple Avenue side
- **Competitive Swim Team** meets at stand 6 by the lap lanes
- **Swim Team/FIG** meets at stand 6 by the lap lanes, then behind stand 4
- **Deep Water Tests & Swim Tests** check in at the Manager's Office



HOW DO I REGISTER?

- Register online at: register.capturepoint.com/Ridgewood
- Payment by Visa/MasterCard only (3% convenience fee will be charged)

• Register In-Person at:
Ridgewood Parks & Recreation
The Stable
259 North Maple Avenue
Ridgewood, NJ 07450

- Payment by Check – Payable to Ridgewood Parks and Recreation
- Payment by Visa/MasterCard
- Payment by Cash

