



NEW THIS SPRING - PAYMENT PLAN POLICY!

Payment Plans: The second payment of payment plans will be automatically charged to the card on file on January 1, 2018. Payment plans will not be available after January 1, 2018.

Value Tuesdays: Student Discount is limited to \$20, NEIU/Member discount is limited to \$10. Multiple Person (3 participants or more) and Large Family Discount (5 or more) will not apply. Tuesday FlexReg rates will remain the same.

To register online visit <https://apm.activecommunities.com/crneiu>.

Please note those who qualify for discounts must register in person their first time.

In-person registration dates/times:

-during lessons and by appointment

Email Neptune@neiu.edu for registration appointments

Discounts:

Students: 40% off

-Faculty/Staff, Community/Campus Rec Members: 10% off

-3 or more children: 10% off; 5 or more children: extra 15% off

Registration Types

FlexReg - BUILD YOUR OWN SCHEDULE!!

FlexReg allows you to pick any date/time within the Neptune Session! It's easy to use and convenient for all! You can buy as many or as few classes as you would like, and come any available time! FlexReg Dates are listed as "Single Dates." Each class costs \$20.00. Students receive 40% off, Campus Rec Members, Alumni and Faculty/Staff receive 10% off. Visit our website and start building your schedule!



Sessions - SET SCHEDULE; Same Time Every Week

Sessions are for people that prefer a set day and time of the week to attend. With session packages, the patron is able to buy a block of lessons occurring on a weekly basis. However, there is less flexibility with session packages. Patrons must come the same day of the week and at the same time each week. Students receive 40% off, Campus Rec Members, Alumni and Faculty/Staff receive 10% off. If a class is not attended or needs to be change, please use the FlexReg option. For those who cannot commit to the same day each week, FlexReg is the best option. Make-up lessons are available through he FlexReg option at \$20.00 a class or \$35 for a private one-on-one lesson.

Levels: Participants will be tested the first day of class and as needed throughout the session

Level 1: No previous experience or limited experience

Students will learn to be comfortable in the water, float, streamline on both front and back with the flutter kick.

Level 2: Students can swim in streamline position on front, soldier position, and have proper flutter kick

Students will learn proper arm stroke, kick, balance, and rhythmic breathing (for freestyle or front crawl). Students will learn body position for backstroke and begin diving

Level 3: Students can swim freestyle (front crawl) with beginnings of rhythmic breathing and proper flutter kick and have experience with backstroke.

Students will perfect the freestyle breathing and timing, learn the backstroke arms, and the foundations of the breast stroke and butterfly.

Clinics: For the more advanced students

Focus on advanced freestyle, backstroke, breast stroke, butterfly technique, and endurance. The clinic is designed to meet expected swim team standards. Must have permission from the Senior Swim Instructor to participate.

