



# Summer Swim Lessons

Swim Lessons will be held outside in a heated pool at Shrewsbury Health & Racquet Club. Swim Lessons will be taught by Certified WSI Red Cross Instructors. Groups sizes will be limited to ensure personal attention for your child. Your child will learn and excel in a fun and relaxed environment. Fridays will be reserved for rain dates. Classes will not run if there is a threat of thunder or lightening. Please call the front desk at 508-845-1000 to confirm, do not call the Recreation Office. Please dress your child in appropriate swim wear and bring your own towels and goggles. Age must be level appropriate.

Location: Shrewsbury Health & Racquet Club, 3 Tennis Drive, Shrewsbury, MA 05145

## Weekly Sessions:

Lessons meet every day Monday through Thursday (Friday is a make-up day)

Lessons are 30 minutes long.

Cost: \$85 per weekly session

Min 3/ Max 5



Week 1: June 22 to June 25

Level 1

4:00 to 4:30 pm

Week 2: June 29 to July 2

Week 3: July 6 to July 9

Level 2

4:30 to 5:00 pm

Week 4: July 13 to July 16

Week 5: July 20 to July 23

Level 3

5:00 to 5:30 pm

Week 6: July 27 to July 30

Level 4

5:30 to 6:00 pm

Week 7: August 3 to August 6

Week 8: August 10 to August 13

Week 9: August 17 to August 20

## Saturday Classes:

Lessons meet June 27 to August 22 (No class on July 4)

Lessons are 30 minutes long and meet for 8 weeks

Cost: \$155 for 8 week session

Min 3/ Max 5

Level 1: 10:30am to 11:00 am

Level 2: 11:00 to 11:30 am

Level 3 11:30 to 12:00 pm



*Please see separate sheet for description of levels*

# Summer Swim Lessons At Shrewsbury Health and Racquet Club



## Description of Levels

### Level 1 – Introduction to Water Skills

Helps students feel comfortable in the water. Each student will learn how to: enter/exit water safely, open eyes under water, float on front and back, follow basic water safety rules, exhale under water through mouth, explore arm and hand movements, floatation devices used if needed.

### Level 2 – Fundamental Aquatic Skills



Teaches students physical and mental swim skills. Each student will learn how to: enter water by jumping from side, pick up submerged object, rollover front/back +back/front, swim on side, tread water using arm/leg motion, submerge entire head, perform front/back glide, introduction to deep water, and removal of floatation devices.

### Level 3 - Stroke Development



Builds on Level 2 skills through additional guided practices. Each student will learn how to: jump in deep water from the side, bob with head fully submerged, perform survival float, butterfly kick and body motion, dive from kneeling position, change from horizontal to vertical, position on front/back, submerge and retrieve an object, perform front/back glide, perform front/back crawl, introduction of backstroke.

### Level 4 - Stroke Improvement



Develop confidence in the skills learned and improve other aquatic skills. Each student will learn how to: perform shallow dive, perform open turns, swim on side using scissor kick, breast stroke, butterfly, elementary backstroke, swim under water, tread water using sculling motion and survival float.