

Swim Sessions and Prices

Session 1

February 22 to April 18

(8 week session)

Session 2

April 26 to June 19

(8 week session)

Southborough Rec Price

\$202 for 8 weeks

Each child must have a program registration sheet filled out and payment in full is due to hold a space.



Swim Lessons will be held 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. In the event of inclement weather, 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

Youth lessons will be 45 minutes in length. This will consist of 40 mins of in-water instruction and 5 mins of consultation and summary of skills covered in the lesson with the parents.

Southborough Recreation

21 Highland Street
Southborough, MA 01772

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<http://www.southboroughtown.com/recreation/recreation.htm>



Southborough
Recreation

Swim Lessons 2010



Red Cross Lessons

Parent and Child Swim

Pre School Swim

Youth All Levels

Southborough Recreation

Tel: 508-229-4452

Ages shown are guidelines

Parent and Child Swim

Southborough Rec Price: \$120

This class builds swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, kicking, floating, underwater exploration and more.

Monday 11:00 to 11:45 am

Friday 10:00 to 10:45 am

Saturday 9:00 am to 9:45 am

Pre-school Swim Level 1

Ages 3 to 5

This level introduces the most elementary aquatic skills, which children continue to build on as they progress through the Preschool Aquatics and Learn to Swim levels. At this first level, children start developing positive attitudes and safe practices around water

Monday 9:30 am to 10:15 am

Tuesday 10:45 am to 11:30 am **OR** 1:45 pm to 2:30 pm

Wednesday 10:00 am to 10:45 am **OR** 1pm to 1:45 pm

Thursday 10:45 am to 11:30 am

Friday 10:45 am to 11:30 am

Saturday 9:45 am to 10:30 am

Pre-school Swim Level 2

Ages 3 to 5

The objective of this level are to build on skills learned in level 1. This level marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain more.

Monday 10:45 am to 11:00 am

Tuesday 10:00am to 10:45 am **OR** 1pm to 1:45 pm

Wednesday 1:45 pm to 2:30 pm

Thursday 11:30am to 12:15 pm

Friday 10am to 10:45 am

Saturday 9:45 am to 10:30 am

Preschool Aquatics Level 3

Ages 3 to 5

The objective of this level is to build on the skills learned in the previous levels by providing additional guided practice of basic aquatic skills at slightly more proficient performance level. Skills in this level are performed independently

Monday 9:30 am to 10:15 am

Tuesday 10am to 10:45 am **OR** 1:45pm to 2:30 pm

Wednesday 1pm to 1:45 pm

Thursday 11:30 am to 12:15 pm

Friday 10:45 am to 11:30 am

Learn to Swim (Introduction to Water) Level 1

Ages 5 and up

The objectives of Level 1 are to learn basic personal water safety information and skills, to help participants feel comfortable in the water and to enjoy the water safely. At this level, participants start developing positive attitudes, good swimming habits and safe practices in and around the water.

Monday 4:30 pm to 5:15 pm

Tuesday 4pm to 4:45pm

Wednesday 4:45 pm to 5:30 pm

Thursday 4pm to 4:45 pm

Saturday 10:30 am to 11:15 am

Learn-to-Swim (Fundamental Swim Skills) Level 2

Ages 5 and up

The objective of this level is to give participants success with fundamental skills. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Participants further develop simultaneous and alternating arm and leg actions on the front and back that lay the foundation for future strokes.

Monday 4:30 pm to 5:15 pm

Tuesday 4:45pm to 5:30 pm

Wednesday 4pm to 4:45pm

Thursday 4:45pm to 5:30 pm

Saturday 10:30am to 11:15 am

Learn-to-Swim (Stroke Development) Level 3

Ages 7 and up

The objective of this level is to build on previously learned skills by providing additional guided practice. Participants will be taught survival float, swim the front crawl and elementary backstroke. The scissor and dolphin kicks will be taught and they will build on the fundamentals of treading water.

Monday 4:30 pm to 5:15 pm

Tuesday 4pm to 4:45 pm

Wednesday 4:45 pm to 5:30 pm

Thursday 4pm to 4:45 pm

Saturday 11:15 am to 12pm

Learn-to-Swim (Stroke Improvement) Level 4

Ages 7 and up

The objective of this level is to develop the participant's confidence in the strokes learned thus far. Skill improvement and increased endurance will be achieved by swimming familiar strokes learned in the earlier levels for greater distances. Participants will learn the sidestroke arms and the back crawl, breaststroke and butterfly.

They will also learn the basics of turning at the wall.

Monday 3:45 pm to 4:30 pm

Tuesday 4:45pm to 5:30 pm

Wednesday 4pm to 4:45 pm

Thursday 4:45 pm to 5:30 pm

Saturday 11:15am to 12pm

Learn to Swim (Stroke Refinement) Level 5

Ages 9 and up

The objectives of this level are coordination and refinement of strokes and increases in endurance with improving their distances. Flip turns on the front and back will also be introduced.

Monday 3:45 pm to 4:30 pm

Tuesday 4:45 pm to 5:30 pm

Saturday 11:15am to 12pm

Learn-to-Swim Level 6

Swimming and Skill Proficiency

Ages 9 and up

The objectives of this level are to refine strokes so participants swim them with more ease, efficiency, power and smoothness over greater distances. We will offer classes that will concentrate on either Personal Water Safety or the Fitness Swimmer Curriculum.

Personal Water Safety

Wednesday 4pm to 4:45pm

Thursday 4:45pm to 5:30 pm

Saturday 12 to 12:45 pm

Fitness Swimmer

Monday 3:45 pm to 4:30 pm

Monday 5:15 pm to 6pm

Saturday 12 to 12:45 pm