



Summer Swim Lessons



Lessons will be held outside in a heated pool at Shrewsbury Health & Racquet Club. Lessons run Monday to Thursday for 2 weeks. 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.

Dates: Session 1: June 23 to July 3 (rain date 6/27)
Session 2: July 7 to July 17 (rain date 7/11, 7/18)
Session 3: July 21 to July 31 (rain date 7/25, 8/1)
Session 4: August 4 to August 14 (8/8, 8/15)

Days: Mondays to Thursdays (Fridays are rain dates)

Times and Levels:

Session 1:	Level 1—10:30 to 11 Level 2—12 to 12:30
Session 2:	Level 3—10:30 to 11 Level 2—12 to 12:30
Session 3:	Level 1—10:30 to 11 Level 2—12 to 12:30
Session 4:	Level 3—10:30 to 11 Level 2—12 to 12:30



Cost: \$135.00

Min 2 / Max 4

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

Description of Levels

Level 1: Introduction to Water Skills: very little or no water experience. Our own flotation devices are used if needed. Skills taught include bubble blowing, independent entrance and exit of pool, supported kicking, floating, and locomotion. Appropriate for children 3 to 5 years old

Level 2: Fundamental Water Skills: comfortable in and around the water with/without flotation devices. Skills included are jumping, submerging, prone floating, treading water, introduction to front and back crawl arm action, and introduction to deep water. Removal of flotation devices emphasized. Ages 5 –7 years old

Level 3: Stroke development: can jump into deep water, level off, and swim to the side without flotation devices. Learn to retrieve objects from pool bottom with no support, diving skills. Coordination of front crawl with rotary breathing and back crawl, while butterfly and elementary backstrokes are introduced. Ages 7—10 years old