



Summer Swim Lessons 2010



Lessons will be held indoors at the Shrewsbury Health & Racquet Club. Classes run weekly Monday to Thursday. Lessons will be held indoors in a controlled environment leading to better lessons. 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, 508-485-1000

Days: Mondays to Thursdays

Dates:

Session 1: June 21 to June 24

Session 2: June 28 to July 1

Session 3: July 5 to July 8

Session 4: July 12 to July 15

Session 5: July 19 to July 22

Session 6: July 26 to July 29

Session 7: Aug 2 to Aug 5

Session 8: Aug 9 to Aug 12

Session 9: Aug 16 to Aug 19

Session 10: Aug 23 to Aug 26

Cost: \$103/ pp

Times and Levels:

Level 1—11 am to 11: 45 AM **OR** 4pm to 4:45 pm

Level 2—11:45 am to 12:30 pm **OR** 4:45pm to 5:30 pm

Level 3 + 4—12:30 pm to 1:15 pm **OR** 5:30 pm to 6:15 pm

(Levels 3 and 4 are offered at the same time but will be grouped on ability and age)

Days: Saturdays July 10 to August 28 (8 week class))

Parent/Tot 10am to 10:45 am Cost \$122/pp

Level 1: 10:45am to 11:30 am Cost \$204/pp

Level 2: 11:30 am to 12:15 pm Cost \$204/pp

Level 3 + 4 12:15 pm to 1 pm Cost 204/pp





Description of Levels

Parent/Tot (ages 2 and under)

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.

Level 1: Introduction to Water Skills:

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

Appropriate for children 3 to 5 years old

Level 2: Fundamental Water Skills:

Purpose: Gives student success with physical and mental 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, Removal of flotation devices emphasized.

Ages 5 –7 years old

Level 3: Stroke development:

Purpose: Builds on Level 2 skills through additional guided practice. 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.

Ages 7—10 years old

Level 4: Stoke Development:

Purpose: 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, survival float.

For ages 10 and up

