



203 Oak Street, Natick, Massachusetts 01760

Summer Member Swim Lessons June 25th – August 23rd, 2012

There will be Nine 1-Week Sessions

Week 1-June 25– June 28

Week 2-July 2 – July 5 (M,T,TH)\$50

Week 3-July 9 – July 12

Week 4-July 16 – July 19

Week 5- July 23 – July 26

Week 6-July 30 – Aug 2

Week 7-Aug 6 – Aug 9

Week 8-Aug 13 – Aug 16

Week 9- Aug 20 – Aug 23

Children enrolled in classes must be club members

Sign up is required for each session

- Classes are 30 minutes and meet Monday through Thursday.
- Levels 1-5 - Choose 10:30-11:00am or 11:00-11:30am
- Two week Monday & Wednesday afternoon classes available
Level 1 @ 4:30pm Level 2@ 5pm
- Parent/Tot classes offered 9:30 am Saturdays June 30th - August 18th.

- The cost is \$60.00 per week.
- Discounted price for 2nd, 3rd, + Child enrolled the same week is \$55.00
- The Cost for Parent/Tot is \$130 for the session.

There will be no recreational swimming during swim lessons

Monday – Thursday: 9:30-11:30 am

However, hot tub, kiddie pool, and slide pool are available at posted times.

Swim lessons are cancelled if there is lightning or heavy rain.

Classes WILL be held during a light sprinkle. Sorry no make-up classes.

For more information please call **Robin Carroll, Instruction Coordinator 508-653-4633 X 215**

Longfellowaquatics@gmail.com

SUMMER SWIM LESSON REGISTRATION FORM 2012



American Red Cross Group Swim Lesson Class Levels & Descriptions

Infant, Toddler (w/parent): Recommended ages 6 months – 3 years

A parent & child class which helps to introduce water adjustment skills to children. This is done through various techniques, both with and without games, toys etc.

Level 1 (Introduction to Water Skills)

This class is for the young swimmer with no previous experience. The focus will be on introducing the basic skills such as bubble blowing and supported floating and kicking. We do not use floatation devices (“bubbles”) in any classes.

Level 2 (Fundamental Aquatic Skills)

This class teaches students how to float and swim independently on their front and back. All of the teaching is done with support, working toward independent swimming.

Level 3 (Stroke Development)

In this level a participant is taught rhythmic breathing, Front crawl, back crawl and the beginning of the elementary backstroke. There are a lot of skills to cover in level 3, so many kids will take this level several times before moving on to level 4.

Level 4 (Stroke Improvement)

Participants work on refining front and back crawl, breaststroke and sidestroke coordination as well as more advanced swimming skills. Treadingwater, skulling, surface dives will be covered.

Level 5&6 (Stroke Refinement)

Focus on improved technique and endurance from level 4.

Today's Date _____ Full Family or Summer Family Member # _____

Swimmer's Name: _____ Age _____

Street: _____ Town: _____ Zip: _____

Telephone: _____ Cell: _____

Parent/Guardian: _____

Email: _____

CLASSES ARE HELD FOR 30 MINUTES MONDAY through THURSDAY
The cost is \$60.00 per week. Discounted price for 2nd, 3rd + child enrolled in same week \$55.00
PLEASE CIRCLE APPROPRIATE SESSION, TIME AND LEVEL

WEEK 1 June 25 – June 28

Circle Level

10:30-11:00 1, 2, 3, 4/5

11:00-11:30 1, 2, 3, 4/5

WEEK 2 July 2 – July 5

M,T, TH-\$50

10:30-11:00 Level: 1, 2, 3, 4/5

11:00-11:30 Level: 1, 2, 3, 4/5

WEEK 3 July 9 – July 12

Circle Level

10:30-11:00 Level: 1, 2, 3, 4/5

11:00-11:30 Level: 1, 2, 3, 4/5

WEEK 4 July 16 – July 19

Circle Level

10:30-11:00 Level: 1, 2, 3, 4/5

11:00-11:30 Level: 1, 2, 3, 4/5

WEEK 5 July 23 – July 26

Circle Level

10:30-11:00 Level: 1, 2, 3, 4/5

11:00-11:30 Level: 1, 2, 3, 4/5

WEEK 6 July 30 – Aug 2

Circle Level

10:30-11:00 Level: 1, 2, 3, 4/5

11:00-11:30 Level: 1, 2, 3, 4/5

WEEK 7 Aug 6– Aug 9

Circle Level

10:30-11:00 Level: 1, 2, 3, 4/5

11:00-11:30 Level: 1, 2, 3, 4/5

WEEK 8 Aug 13 – Aug 16

Circle Level

10:30-11:00 Level: 1, 2, 3, 4/5

11:00-11:30 Level: 1, 2, 3, 4/5

WEEK 9 Aug 20 – Aug 23

Circle Level

10:30-11:00 Level: 1, 2, 3, 4/5

11:00-11:30 Level: 1, 2, 3, 4/5

SUMMER SWIM LESSON REGISTRATION FORM 2012

Classes WILL be held during a light sprinkle. Sorry no make-up classes

******One Form Per Participant******

Today's Date _____ Full Family or Summer Family Member # _____

Swimmer's Name: _____ Age _____

Street: _____ Town: _____ Zip: _____

Telephone: _____ Cell: _____

Parent/Guardian: _____

Email: _____

CLASSES ARE HELD FOR 30 MINUTES TWICE A WEEK FOR TWO WEEKS
The cost is \$60.00 per session. Discounted price for 2nd, 3rd + child enrolled in same week \$55.00
PLEASE CIRCLE APPROPRIATE SESSION, TIME AND LEVEL

Session 1 June 25, 27 & July 2, 5(Thurs)

Circle Level

4:30 1

5:00 2

Session 2 July 9, 11, 16, 18

Circle Level

4:30 1

5:00 2

Session 3 July 23, 25, 30 + Aug 1

Circle Level

4:30 1

5:00 2

Session 4 Aug. 6, 8, 13, 15

Circle Level

4:30 1

5:00 2

Parent/Tot June 30, July 7, 14, 21, 28, Aug 4, 11, 18

9:30-10am Saturdays

The Cost for Parent/Tot is \$130 for the session

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******One Form Per Participant******