

PROGRAMS

PRESCHOOL PROGRAMS

The Preschool program is specifically designed for children ages 6 months - 6 years old.

PARENT-INFANT/TODDLER

This class is for children 6 months to 3 years. Our focus is on water adjustment and basic skills. The instructor guides parents to help them work with their children on these skills.

PRESCHOOL I

This class is for the student ready to participate in a class independently. We focus on learning basic skills: entering and exiting the water, blowing bubbles, moving through the water, and floating with help.

PRESCHOOL II

This class is for the new swimmer who has mastered entering and exiting the water independently, bubble blowing, kicking and arm strokes with help.

PRESCHOOL III

This class is for the student who can float on their front and back independently, submerge their face, and has begun the basics for the front crawl.

YOUTH PROGRAMS

These classes are for children ages 6 - 14 years, we focus on basic to advanced water skills at the appropriate levels.

LEVEL I: INTRODUCTION TO WATER SKILLS

LEVEL II: FUNDAMENTAL AQUATIC SKILLS

LEVEL III: STROKE DEVELOPMENT

LEVEL IV: STROKE IMPROVEMENT

LEVEL V: STROKE REFINEMENT

LEVEL VI: STROKE REFINEMENT

STROKE AND ENDURANCE PROGRAM

STROKE & ENDURANCE I (45 MIN.) LEVELS IV & V

STROKE & ENDURANCE II (45 MIN.) LEVELS V & VI

MASTERS SWIMMING

Masters swimming is an internationally known term for a group of swimmers ages 19 - 99. These swimmers enjoy the sport of swimming and desire the challenge of coached workouts, the company of like minded peers, and healthy competition. This is a program for anyone who just wants to swim faster and/or more efficiently. Longfellow is fortunate to have a well established program that is free to members and conducted by experienced coaches. Feel free to stop by and join one of the workouts and add a new component to your fitness routine. For more information call 508-653-4633 or email LongfellowAquatics@gmail.com.

Session I: Sept. 1 - Dec. 1; Session II: Dec. 2 - Mar. 1; Session III: Mar. 2 - June 1;

Session IV: June 2 - Sept. 1. Cost \$325 - Free to members.

ADULT CLASSES

ADULT BEGINNER (8 WEEKS): COST: M \$ 135 NM: \$ 200

ADULT ADV. BEGINNER (8 WEEKS): COST: M \$ 135 NM: \$ 200

STINGRAYS - SWIM TEAM

Our Longfellow Stingrays swim team is open to both experienced and inexperienced swimmers from ages 5 - 17. Our objective is to instruct and coach students in the sport of competitive swimming. Questions should be addressed to coach Melissa Callaghan at stingrays_swim@yahoo.com.

AMERICAN RED CROSS CERTIFICATIONS

ARC LIFE GUARD CLASS: COST: M \$ 325 NM: \$ 375

ARC WATER SAFETY INSTRUCTOR CLASS: COST: M \$ 375 NM: \$ 425

SPECIALTY COURSES

THERAPEUTIC SWIM CLASS FOR CHILDREN OF ALL AGES WITH DISABILITIES

This program takes place in our lifeguard staffed pool. Groups run in 8 week, ongoing sessions of half hour classes. The program will focus on: strength, gross motor skills, socialization, kicking techniques, stroke techniques, water exercises, and creative play. For more information please contact Sarah Krueger, Assistant Fitness Director at 508-653-4633, ext. 206

PRIVATE LESSONS

The key to our swim program is having fun. Enjoyment is essential for learning, especially with children. We emphasize developing a warm and trusting relationship between student, instructor, and parents. Our American Red Cross Water Safety Instructors promote an environment that is active, safe, and conducive to learning. Our instructors can help you schedule lessons for one, two, or three students at the same level.

SCHEDULING

We can usually create a day and time during our regular pool hours to fit your schedule. Members and nonmembers are welcome to participate in private lessons. Please contact Robin Carroll at 508-653-4633, ext. 215 or email LongfellowAquatics@gmail.com, to schedule a private lesson.

PRIVATE LESSON RATES

<u>30 minute</u>	<u>Lesson Rate</u>	<u>With Member Discount</u>
Private	\$48	\$40
Semi private	\$68 (\$34/ea.)	\$52 (\$26/ea.)
Group of 3	\$84 (\$28/ea.)	\$60 (\$20/ea.)
Group of 4	\$100 (\$25/ea.)	\$68 (\$17/ea.)

CANCELLATION POLICY

We ask that if you are forced to cancel a lesson, please contact your instructor directly at the number they have set up with you. You can also call the club and have them forward you to the pool. We require that you give your instructor 24 hours notice to cancel. You are responsible for the cost of your lesson if notice is less than 24 hours. If you question the weather (snow storms, lightning, strong winds, etc.) please call the front desk to verify if the pool will be open.

QUESTIONS????

Questions on private or group lessons, please contact Robin Carroll, Lesson Coordinator, at 508-653-4633, ext. 215 or email LongfellowAquatics@gmail.com.

SESSION DATES

	SESSION I	SESSION II	SESSION III
MON.	9/26, 10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 11/14, 11/28, 12/5, 12/12	1/2, 1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/27, 3/5, 3/12	3/26, 4/2, 4/9, 4/23, 4/30, 5/7, 5/14
TUES.	9/27, 10/4, 10/11, 10/18, 10/25, 11/1, 11/8, 11/15, 11/29, 12/6, 12/13	1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/28, 3/6, 3/13	3/27, 4/3, 4/10, 4/24, 5/1, 5/8, 5/15
WED.	9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/30, 12/7, 12/14	1/4, 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 2/29, 3/7, 3/14	3/28, 4/4, 4/11, 4/25, 5/2, 5/9, 5/16
THUR.	9/29, 10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17, 12/1, 12/8, 12/15	1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 3/1, 3/8, 3/15	3/29, 4/5, 4/12, 4/26, 5/3, 5/10, 5/17
FRI.	9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 12/2, 12/9, 12/16	1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 3/2, 3/9, 3/16	3/30, 4/6, 4/13, 4/27, 5/4, 5/11, 5/18
SAT.	10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10, 12/17	1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/18, 3/3, 3/10, 3/17	3/31, 4/7, 4/14, 4/29, 5/5, 5/12, 5/19

CLASSES, DATES, TIMES, COSTS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parent/Infant	9:30 am					9:30 am
Preschool I	10:00 am	1:30 pm	9:30 am	9:30 am 1:30 pm	10:30 am	10:00 am
Preschool II	10:30 am	2:00 pm	10:00 am	10:00 am 2:00 pm	11:00 am	10:30 am
Preschool III	11:00 am		10:30 am	10:30 am	11:30 am	11:00 am
Level I	3:30 pm			3:30 pm		10:00 am
Level II	4:00 pm	3:30 pm 4:00 pm	3:30 pm 4:00 pm	3:30 pm 4:00 pm	3:30 pm	11:00 am
Level III	3:30 pm 4:00 pm	3:30 pm 4:00 pm	3:30 pm 4:00 pm	4:00 pm 4:30 pm	4:00 pm	11:00 am
Level IV	3:30 pm		3:30 pm	4:00 pm	3:30 pm	10:30 am
Level V	4:00 pm		3:30 pm			
Level VI	4:00 pm		3:30 pm			
Endurance Programs		4:30 pm		4:30 pm 5:15 pm		11:30 am
Adult Beginner	TBD	TBD				
Adult Adv. Beginner	TBD					
Masters	6:30 pm	6:15 am 8:45 am	6:30 pm	6:15 am 8:45 am		

PRESCHOOL, AFTERSCHOOL

		<u>class cost</u>	<u>with member discount</u>
Session I	(11 weeks)	\$275	\$185
Session II	(10 weeks)	\$250	\$170
Session III	(7 weeks)	\$180	\$120

STROKE & ENDURANCE PROGRAM

Session I	(11 weeks)	\$310	\$220
Session II	(10 Weeks)	\$280	\$200
Session III	(7 weeks)	\$200	\$140

LONGFELLOW AQUATICS APPLICATION

Name: _____ Member #: _____

D.O.B: _____ Age: _____ M F

Email Address: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Emergency Contact: _____

Relationship: _____ Phone: _____

Class (day & time): _____

For more information contact:

Robin Carroll: 508-653-4633 ext. 215; LongfellowAquatics@gmail.com

Payment Enclosed: \$ _____

Credit Card # _____ Exp. Date: _____

I recognize the risk of injury in any exercise program and my child is participating upon the express agreement and understanding that I am hereby waiving and releasing the above clubs from any and all claims, costs, liabilities and injuries while on these premises.

SIGNATURE OF PARENT/GUARDIAN: _____ DATE: _____

PRINT NAME: _____

- Classes are 30 minutes in length except for the Stroke and Endurance Program (45 min) and the Masters Swimming (1 hour).
- Session I is 11 weeks. Session II is 10 weeks. Session III is 7 weeks.
- To ensure placement in a class, FULL PAYMENT must accompany this application, NO EXCEPTIONS.
- There are no classes during public school vacation weeks in December, February, and April.
- No refunds, credits or make up classes issued for illness, personal vacations or holidays unless Longfellow Sports Club cancels a class. Classes are held on Yom Kippur, Veterans Day, and Good Friday. Exceptions will be given for Yom Kippur and Good Friday.
- Program credit will be issued with a doctor's note if 50% or more of the classes are missed due to illness.
- Longfellow Sports Club will offer credit or make-up classes for Natick Public School snow day cancellations.
- There must be a minimum of four children for a class to be held.
- Please inform your child's instructor if there are any special needs issues so that an appropriate lesson plan can be developed.
- A child must maintain membership during the entire session to maintain member discount.
- If your child withdraws more than 7 days before the program begins, you will receive a full credit for any future Longfellow program, or a refund minus a \$25 administration fee.
- If your child withdraws less than 7 days before the program begins or after it begins, you will receive a pro-rated credit for any future Longfellow program minus a \$25 administration fee. There are NO refunds for withdrawal less than 7 days before the program begins or after it begins.



Longfellow
Sports Club

Healthy Mind Body Planet

203 Oak Street
Natick, MA 01760



THE LONGFELLOW AQUATICS ACADEMY AT NATICK 2011-2012



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