

THE LONGFELLOW AQUATICS ACADEMY AT WAYLAND 2011 - 2012



524 Boston Post Rd. • Wayland, MA 01778 • 508.358.7355

PROGRAMS & RATES

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.

AFTER SCHOOL CLASSES

This program is designed for children kindergarten - 14 years of age.

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: SWIMMING & SKILL PROFICIENCY

COMPETITIVE SWIMMING

This program focuses on the competitive swimming strokes and turns. Proper technique and endurance are emphasized. This program is for children 7 - 14 with proper swim abilities.

COMPETITIVE SWIM I (45 MIN.) LEVELS III & IV

COMPETITIVE SWIM II (45 MIN.) LEVELS V & VI

ENDURANCE STROKE & STRENGTH PROGRAM

Join our experienced swim team coaches for this twice a week program that focuses on swimming endurance and strength as well as proper stroke technique. For children 8 - 15 years of age.

Tuesdays & Thursday from 7 - 8 p.m.

ADULT CLASSES

BEGINNER AND INTERMEDIATE LEVEL CLASSES.

AMERICAN RED CROSS CERTIFICATIONS

LIFE GUARD COURSE: COST: \$400 - WITH MEMBER DISCOUNT \$350

Many classes offered...call for dates and times.

WATER SAFETY INSTRUCTOR COURSE: COST: \$450 - WITH MEMBER DISCOUNT \$400

AMERICAN HEART CPR/AED COURSES

HEARTSAVER CPR/AED: \$50

2nd Saturday of each month; 12:30 p.m.

BLS FOR HEALTHCARE PROVIDER RECERT: \$65

4th Saturday of each month; 12:30 p.m.

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.

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 Cordelia Lydon at (508)358-7355, ext. 238 or email LongfellowSwim@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.

AQUATIC DIRECTOR

Cordelia Lydon: 508-358-7355, ext. 238 email: LongfellowSwim@gmail.com.

SESSION DATES

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

CLASSES, DAYS, TIMES & COSTS

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
Parent/ Tot						11:00 a.m.	11:00 a.m.
Preschool I	10:00 a.m. 12:30 p.m. 3:30 p.m.	10:30 a.m. 12:30 p.m.	10:30 a.m.	10:30 a.m. 1:00 p.m.	9:30 a.m. 12:30 p.m.	9:15 a.m.	10:30 a.m.
Preschool II	9:30 a.m. 1:00 p.m.	10:00 a.m. 1:00 p.m. 3:30 p.m.	10:00 a.m. 3:30 p.m.	10:00 a.m. 12:30 p.m.	10:00 a.m. 1:00 p.m. 3:30 p.m.	9:45 a.m.	10:30 a.m.
Preschool III	10:30 a.m. 1:30 p.m.	9:30 a.m. 1:30 p.m.	9:30 a.m.	9:30 a.m. 1:30 p.m. 3:30 p.m.	10:30 a.m. 1:30 p.m.	10:15 a.m.	11:00 a.m.
Level I	4:00 p.m.	4:00 p.m.			4:30 p.m.		
Level II	4:00 p.m. 4:30 p.m.	4:00 p.m.	4:00 p.m.	4:00 p.m.	4:00 p.m.		
Level III	4:30 p.m.	4:30 p.m.	4:30 p.m.	4:00 p.m. 4:30 p.m.	4:00 p.m.	10:45 a.m.	
Level IV		4:30 p.m.	4:30 p.m.	4:30 p.m.			
Level V			4:00 p.m.		3:30 p.m.		
Level VI					3:30 p.m.		
Competitive Swim I (III & IV)	4:45 p.m.			4:00 p.m.		11:15 a.m.	10:30 a.m.
Competitive Swim II (IV & V)	4:00 p.m.			4:45 p.m.		12:00 p.m.	
Endurance Programs		7:00 p.m.		7:00 p.m.			
Adult Swim w/Joan							9:30 a.m.

PRESCHOOL, AFTERSCHOOL & ADULT CLASSES

		<u>class cost</u>	<u>with member discount</u>
Session I & II	(12 weeks)	\$295	\$200
Session III	(6 weeks)	\$150	\$100
Session III	(Sundays)	\$125	\$ 85
COMPETITIVE SWIM			
Session I & II	(12 weeks)	\$325	\$235
Session III	(6 weeks)	\$165	\$120
Session III	(Sundays)	\$137.50	\$100
ENDURANCE STROKE & STRENGTH PROGRAM			
Session I & II	(12 weeks; 2x/week)	\$565	\$395
Session III	(6 weeks; 2x/week)	\$285	\$185

LONGFELLOW AQUATICS ACADEMY APPLICATION

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

Email Address: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Emergency Contact: _____

Relationship: _____

Phone: _____

Class (day & time): _____

For more information contact:

The Aquatic Department: 508-358-7355 ext.238; LongfellowSwim@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 Longfellow 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 Competitive Swim and Level VI classes.
- 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.
- Refunds and credits are provided if The Longfellow Club cancels a class. There are NO make-up classes/credits for holidays, illness or personal vacations, with the exception of Rosh Hashanah, Yom Kippur and Good Friday. Classes are held on Veterans Day and Columbus Day.
- Program credit will be issued with a doctor's note if 50% or more of the classes are missed due to illness.
- The Longfellow Club will offer credit or make-up classes for Wayland Public School snow day cancellations.
- There must be a minimum of four children for a class to be held.
- There is limited recreational swim during the swim classes from 4:00 - 5:00 p.m. on Monday - Friday.
- To encourage students to pay attention during the class; please watch your child from outside the pool area in the viewing area with the large windows.
- 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.



The
Longfellow Club

Healthy Mind Body Planet

524 Boston Post Rd.
Wayland, MA 01778

