



203 Oak Street, Natick, Massachusetts 01760

Summer Member Swim Lessons June 27th – August 25th, 2011

There will be Nine 1-Week Sessions

	Week 1	June 27 – June 30		
Week 2	July 5 – July 8 (T-F)	Week 3	July 11 – July 14	
Week 4	July 19 – July 21	Week 5	July 25 – July 28	
Week 6	Aug 1 – Aug 4	Week 7	Aug 8 – Aug 11	
Week 8	Aug 15 – Aug 19	Week 9	Aug 22 – Aug 25	

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 2 @ 4:30pm Level 3 @ 5pm
Parent/Tot classes offered 9:30am Sundays in July and Aug.

The cost is \$65.00 per week.
Discounted price for 2nd, 3rd, + Child enrolled the same week is \$60.00
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 **Patrick Roddy, Aquatics Director 508-653-4633 X 215**

Longfellowaquatics@gmail.com

SUMMER SWIM LESSON REGISTRATION FORM 2011



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 children to the water through a variety of games and songs. Parents will learn different techniques, which can be applied outside of the class

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 allow the used of floatation devices (“bubbles”) in this class.

Level 2 (Fundamental Aquatic Skills)

This class teaches students how to float and swim independently on their front and back. The first stages of the front and back crawl are introduced.

Level 3 (Stroke Development)

In this level a participant is taught rhythmic breathing, independent gliding, treading water and the elementary backstroke.

Level 4 (Stroke Improvement)

Participants are taught rotary breathing, front and backstroke, breaststroke and sidestroke coordination.

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 \$65.00 per week. Discounted price for 2nd, 3rd + child enrolled in same week \$60.00
PLEASE CIRCLE APPROPRIATE SESSION, TIME AND LEVEL

WEEK 1 June 27 – June 30

Circle Level

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

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

WEEK 2 July 5 – July 8
Tuesday-Friday

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

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

WEEK 3 July 11 – July 14
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 18 – July 21
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 25 – July 28
Circle Level

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

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

WEEK 6 Aug 1 – Aug 4
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 8 – Aug 11
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 15 – Aug 18
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 22 – Aug 25
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 2011

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 \$65.00 per session. Discounted price for 2nd, 3rd + child enrolled in same week \$60.00
PLEASE CIRCLE APPROPRIATE SESSION, TIME AND LEVEL

Session 1 June 20, 22, 27, 29

Circle Level

4:30 2

5:00 3

Session 2 July 11, 13, 18, 20

Circle Level

4:30 2

5:00 3

Session 3 July 25, 27 Aug 1, 3

Circle Level

4:30 2

5:00 3

Session 4 Aug. 8, 10, 15, 17

Circle Level

4:30 2

5:00 3

Parent/Tot July 11, 18, 25, 31 August 7, 14, 21, 27

9:30-10am

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

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