

Waltham Boys & Girls Club

Spring Aquatics Programs

ALL SPRING AQUATIC PROGRAMS RUN FOR 8 SESSIONS STARTING ON APRIL 23. NO CLASSES MONDAY MAY 28 & THURSDAY APRIL 26.

PARENT AND BABY SWIMMING CLASSES (8 - 24 months) Fee: \$120. Wednesdays 12:00 - 12:30.

This class introduces babies 8-24 months to the joys of being in the water, from the safety of their adult's arms. In this class both adult and baby will enter the water. Teachers will guide the pairs through water exploration via games and songs. Each class will include 25 minutes of group play and practice, followed by 5 minutes of free time for the pairs to play and explore as they wish.

SWIM LESSON LEVELS AGES 3 - 5: Fee: \$115/8 week sessions

Pre-school Lessons: Designed for preschool age children who are ready to start learning the basic skills of swimming. Instructors will focus on teaching water and pool safety utilizing songs, games and props. Swimmers will be introduced to floating, gliding, and kicking. Students will learn to hold their breath, blow bubbles, submerge their faces, and dunk their heads. These lessons are high energy, fun, and designed to help children establish a love for the water as well as proper safety skills and awareness in the pool area. *(all taught in the most shallow area of the pool)*

PS Level 1--For 3-5 year old swimmers who are brand new to swimming lessons and/ or tentative in the water.

PS Level 2- For 3-5 year old swimmers who are completely comfortable having their face in the water and floating on their backs. This level will build on basic skills, help develop full body coordination in the pool, while following the preschool model of teaching through games and songs.

Advanced Beginner- 5 year olds only. Must have met all lesson objectives from PS L1 & L2, and be completely comfortable in the pool, ready to put strokes together.

SWIM LESSON LEVELS AGES 6+: Fee: \$100/8 week sessions

Level 1 Introduction to Water Skills *(Level 1 Lessons are in the most shallow area of the pool)*

There are no prerequisites for this course. The objective of Level 1 is to help students, 6+ feel comfortable in the water and understand water safely. Swimmers learn front and back floats, gliding in streamline position and gliding with kicks on front and back. In addition swimmers will learn to hold their breath and exhale underwater, submerge their heads completely, swim under water and retrieve submerged objects.

Level 2 Fundamental Aquatic Skills *(Level 2 lessons include time in the shallow and deep ends of the pool)*

All swimmers must have passed level 1 or completed skills assessment test. Swimmers learn to float without support and recover to a vertical position on front and back. Swimmers explore simultaneous and alternating arm and leg movement on their front and back which lay the foundations for future strokes. Swimmers continue to develop breath control in the water to prepare for rotary breathing in higher lesson levels, will learn to tread water, and begin to gain comfort and safety skills in the deep end.

Level 3 Stroke Development *(Level 3 lessons is a deep end class)*

All swimmers must have passed level 2 or completed a skills assessment test. Building on level 2 skills, swimmers will learn front and back glide, front crawl, elementary backstroke, sitting and kneeling dive, rotary breathing, survival float & back float, scissor/ dolphin/breaststroke kick, and begin to learn to enter the water headfirst from the side of the pool.

Level 4 Stroke Improvement *(Level 4 lessons is a deep end class)*

All swimmers must have passed level 3 or completed a skills assessment test. Swimmers will improve their skills and increase their endurance by swimming familiar strokes for greater distances. Swimmers also continue to learn butterfly, backstroke and are introduced to the breaststroke, the sidestroke, and flip turns. *By the end of the session, the swimmers should all be able to swim 25 yards without stopping.*

Level 5 Stroke Refinement *(Level 5 lessons is a deep end class)*

All swimmers must have passed level 4 or completed a skills assessment test. The objective of level 5 is to refine swimmers' ability to swim all five strokes with proper physical execution, as well as advanced breathing technique. Proper technique allows the swimmer to conserve energy while in the water and will prepare swimmers for distance swimming, recreationally, and/or competitively.

Middle School Lessons It's never too late to learn to swim at the Boys and Girls Club in Waltham. Our middle school swim classes are designed to teach adolescents who have not yet learned to swim become confident and safe in the water.

Middle School Beginner class: for youth 12+ whom are not yet comfortable in water. They are taught to hold their breath, submerge their heads, bobbing, floating on front and back, gliding and kicking.

Intermediate level class: for youth 12+ to build on the foundational skills acquired in the beginners class or elsewhere. Students use basic skills to build strokes, namely front crawl and elementary backstroke. Also, students will be taught all survival skills, including treading water, survival float and scissor kick.

Private/Semi-Private Lessons: Fee: \$220/8 week sessions (*Cost of semi-private lessons is split between the two parties*)

A Limited amount of private lessons are available on a first come first serve basis. Private lessons run for 8 week sessions. See attached schedule for available offerings.

Developmental Swim Team: Fee: \$125. Tuesday and Thursdays 4/24 - 6/14, 5:00 - 6:00 PM.

This is a great option for students who have graduated out of the lesson program, but love to swim and want to continue learning and refining their skills. This team is ideal for swimmers 6+ who are serious about becoming stronger swimmers, and interested in a team experience, but may not be ready for, or interested in competition. This program will challenge young swimmers by encouraging them to set goals, develop and refine strokes, turns, and dives, build endurance, and participate water games. Students will swim for 50 minutes, build relationships, and have fun by closing each practice with a game, or other team building activity. Youth may participate in one, or both practices each week. Swimmers that want to graduate to the Tiger Sharks Team, must attend two practices a week for one session prior to moving up.

Tigersharks Spring Swim Clinic: Fee: \$100. Tuesday, Wednesday & Thursdays @ 6:00 PM

Spring swim clinic is an 8-week program for current competitive swimmers of all abilities to come and work on stroke development and building endurance. Swimmers will enjoy time with their teammates, and more drill based training for the purpose of being more efficient in the water and faster for the next competitive swim season.

ADULT PROGRAMS

Aqua Aerobics: Fee: \$120/8 week sessions. Tuesdays 12:00 - 12:45, 4/24 - 6/12.

This class is offered to adults of all swimming levels looking to build strength and mobility in their bodies without the impact of land exercise and activity. Each class is accompanied by an upbeat playlist that encourages movement, follows predetermined choreography taught by an instructor that builds aerobic and anaerobic strength. Heal your joints, stabilize and strengthen your body, enjoy moving in the water with friends.

Adult Swimming Lessons: Fee: \$140/8 week session. Saturdays 11:00, 11:30 & 12:00, 4/28 - 6/16

This class is for adults that are comfortable in the water, but may not have learned the fundamentals of swimming as a child. One can expect to develop greater comfort in the water, learn to keep themselves safe, hold their breath, float, glide and kick on bellies and backs, with basic pulling techniques. This class will continue to advance with the students in it, until students have accomplished their personal goals. When necessary, adults will be separated into levels, allowing more advanced students to work on stroke development and breath control. Please specify personal level when registering.

Teen/Adult Yoga (land based program) Fee: \$100 Saturdays 7:30 - 8:30 AM in the BGC Auditorium 4/28 - 6/16.

Open level vinyasa style yoga class for Teens & Adults. Vinyasa means the postures(anasanas) flow together and are facilitated by the breath. Students will be taught to use breath and asana to yoke their minds and bodies for the purpose of experiencing the restorative power of mindfulness. Please bring your own mat.

Adult Lap Swim: Fee: \$5 drop in, or \$60 per session. Tuesdays, Wednesdays & Thursdays 4/24 - 6/21 (no class Thursday 5/26)

Open pool time for adults to swim laps, and/or walk/jog or exercise in the water. This time is supervised by a lifeguard, but does not include instruction. Spring Session runs 4/24 - 6/14.

For more information contact
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