

Waltham Boys & Girls Club

Fall Aquatics Programs

Aquatic Registration Information

PRIORITY REGISTRATION (Those currently enrolled in Summer lessons) begins on Sept. 6 at 10:30 AM

OPEN REGISTRATION (Those not currently enrolled in Spring lessons) begins on Sept. 13 at 10:30 AM

Register online at www.walthambgc.org, or in person at the Club.

PLEASE NOTE: we no longer take phone registrations.

ALL FALL AQUATIC PROGRAMS RUN FOR 7 SESSIONS STARTING THE WEEK OF SEPTEMBER 24.

SWIM LESSON LEVELS AGES 3 - 5: Fee: \$100/7 week sessions

Preschool Lessons (All taught in the most shallow end of the pool)

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.

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

Pre-K Level 2- For 3- to 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 Level 1 & Level 2, and be completely comfortable in the pool, ready to put strokes together.

SWIM LESSON LEVELS AGES 6+ Fee: \$90/7 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 ages 6+ feel comfortable in the water and understand water safety. 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 are in the deep end of the pool)

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 are in the deep end of the pool)

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 are in the deep end of the pool)

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 swimmers to conserve energy while in the water and prepares them for distance swimming both recreationally and/or competitively.

Sandsharks Developmental Swim Team: Fee: \$125. September 24 — November 17

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 ages 6+ who are serious about becoming stronger swimmers and are 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 Swim Team: Tigersharks runs from September 24 through the National Meet April 3, 2019

The WBGC Tiger Sharks swim team is a competitive team that swims in meets against other local swim programs. The team practices 5 evenings a week and Saturday mornings at the Boys and Girls Club. Practices are divided up into two sessions. 10 years and under swimmers practice first, then 11 years and over. Swim meets are held on Saturday afternoons, with occasional changes for specialty meets. The team participates in 8-10 meets during the season (November-March). The season culminates with the Boys and Girls Club Sectional meet, with some swimmers qualifying for the National Boys and Girls Club Swim Championships that are held St. Petersburg, Florida.

All Swimmers interested in joining the Tiger Shark Swim Team must be evaluated and approved by the Team Coaches. Swimmers aged 9 years and over must compete 50 yards of the pool in both Free Style and Back Stroke. Technique needs to include completing the full 50 yards for each stroke, rotary breathing, and proper stroke and kick. Swimmers aged 8 years and younger must complete 25 yards of the pool in both Free Style and Back Stroke.

Mandatory Team Pre-season Meeting: Thursday September 20 at 6:00 PM.

Team Fees:

6 - 10 year olds: **\$280**

11 - 18 year olds: **\$350**

HS Swim Team Members: **\$225**

Tigershark Sibling discount: \$100 off of each additional sibling (Can only be done in person @ the registration desk)

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For more information, contact

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**WALTHAM
BOYS & GIRLS CLUB**

