

WALTHAM BOYS & GIRLS CLUB

SPRING AQUATICS PROGRAMS

REGISTRATION INFORMATION

PRIORITY REGISTRATION (Those enrolled in previous session) begins on April 8th at 10:30 AM
OPEN REGISTRATION (Those not enrolled in previous session) begins on April 16th at 10:30 AM

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

NO CLASS 4/25 OR 5/27

****PLEASE NOTE: WE NO LONGER ACCEPT PHONE REGISTRATIONS****

***ALL SPRING AQUATIC PROGRAMS RUN FOR 8 SESSIONS (WED, FRI, SAT) OR 7 SESSIONS (MON & THUR)
STARTING THE WEEK OF April 22nd.***

SWIM LESSON LEVELS AGES 3 - 5: Fee: \$115 (Wed-Fri-Sat/8 Classes) or \$100 (Mon-Thurs/7 Classes)

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: \$100 (Wed-Fri-Sat/8 Classes) or \$90 (Mon-Thurs/7 Classes)

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.

Sand sharks Developmental Swim Team: Fee: \$125. April 22nd-June 15th (No session 5/27)

Monday: 530-630 - Tuesday & Wednesday: 5PM-6PM - Saturday 830AM-945AM

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 Spring Swim Clinic: Fee: \$100 April 23rd – June 15th (no practice on Thursday 4/25)

Practices are Tues – Friday 6:00 – 7:30 PM & Saturdays 8:30 – 9:45.

The Tigershark 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, as well as more drill based training for the purpose of being more efficient in the water and faster for the next competitive swim season.

REFUND/CANCELLATION/TRANSFER POLICIES

Notice must be given 5 business days prior to the program start for refund.

- Programs costing less than \$100: Full refund less \$10
- Programs costing \$100+: Full refund less 10% of the program fee
- Transfers will be charged \$10 administrative fee.

Only medical refunds can be given after the program has begun; however these will be prorated for lessons attended and a \$10 administrative fee will be applied. (Physician documentation required).

For more information, contact

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