

# WALTHAM BOYS & GIRLS CLUB

## SUMMER AQUATICS PROGRAMS

All program registrants ages 7 & up **MUST** also become Waltham Boys & Girls Club Members. Membership is a separate registration conducted at the membership desk. Cost is \$20/year for members ages 7 – 12 & \$5/year for members ages 13 - 18

### **SUMMER SESSION DATES**

**Tuesday AM classes:** (8 classes) meet once a week 6/25 – 8/13

**Session 1:** (7 classes) Monday – Thursday 6/24 – 7/3

**PRIORITY REGISTRATION:** (Those currently enrolled in spring classes) Begins on June 10 at 10:30 AM

**OPEN REGISTRATION:** (Those not currently enrolled in spring lessons) Begins on June 17 at 9:00 AM

**No registrations accepted after Friday 6/21**

**Session 2:** (8 classes) Monday – Thursday 7/8 – 7/18

**Session 3:** (8 classes) Monday – Thursday 7/22 – 8/1

**Session 4:** (8 classes) Monday – Thursday 8/5 – 8/15

**PLEASE NOTE:** We do not take phone registrations

Register online at [www.walthambgc.org](http://www.walthambgc.org), or in person at the Club.

### **SWIM LESSON LEVELS AGES 3 - 5:**

**7 Class Fee: \$105, 8 Class Fee: \$120**

#### **Preschool Lessons** *(All taught the 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+**

**7 Class Fee: \$90, 8 Class Fee: \$105**

#### **Level 1 Introduction to Water Skills** *(Level 1 Lessons are in the 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 3A - 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, freestyle, 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 3B - Stroke Development**

All swimmers must have passed Level 3A or completed a skills assessment. They will build on what they learned in Level 3A and add rotary breathing to their 25 yard freestyle and they'll focus on competitive backstroke. They will need to complete 25 yards of freestyle with rotary breathing and complete backstroke.

**Level 4 Stroke Improvement** (*Level 4 lessons are in the deep end of the pool*)

All swimmers must have passed Level 3B or completed a skills assessment test. Swimmers will improve their skills and increase their endurance by swimming familiar strokes for greater distances. Swimmers also will learn dolphin kick 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 50 yards of freestyle and backstroke without stopping, and complete a standing dive.

**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.

**Junior Lifeguard: Ages 11-14 – Fee: \$100**

This program is geared toward 11-14 year olds who have an interest in becoming lifeguards. They must be able to swim six lengths of the pool without stopping and tread water for one minute. Participants will learn lifesaving techniques, as well as CPR and First Aid. Program Runs on Thursdays 6/27 – 8/22. 11:30 AM – 12:30 PM. No class July 4 or July 25. Min: 3registrants/ Max:

**Sand sharks Developmental Swim Team: Fee: \$125. June 24<sup>th</sup>-August 14<sup>th</sup>**

***Mon-Tues: 5:30-6:15 and Wednesday 5:15-6:00***

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 45 minutes, build relationships, and have fun by closing each practice with a game or other team building activity. Swimmers that want to graduate to the Tiger Sharks Team must attend two practices a week for one session prior to moving up.

**Tigershark Swim Team: Fee: \$125. June 24<sup>th</sup>-August 15<sup>th</sup>**

***Mon-Tues: 6:15-7:30 and Thursday 5:45-7:00***

***No Practice Thursdays July 4<sup>th</sup> & July 25<sup>th</sup>***

Summer Tigersharks is a conditioning program and team for competitive swimmers wanting to continue to refine their swimming skills and prepare for the fall season. Swim meets with other Boys & Girls Clubs are TBD.

**REFUND AND CANCELLATION POLICY**

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

Programs costing less than \$100: Full refund less \$10

Programs costing \$100+: Full refund less 10% of the program 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)**.

Transfers: \$10 Administrative fee.