

# WALTHAM BOYS & GIRLS CLUB

## FALL 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/yr for members ages 7 – 12 & \$5/yr for members ages 13 – 18

**REGISTRATION OPENS 8/26/19 at NOON!**

Register online at [www.walthambgc.org](http://www.walthambgc.org), or in person at the Club, 10AM - Close

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

### SWIM LESSON INFORMATION

***ALL FALL SWIM LESSON PROGRAMS RUN FOR 8 WEEKS (WED & SAT) OR 7 WEEKS (MON & THURS).***

***NO LESSONS MONDAY 10/14 AND THURSDAY 10/31.***

***LESSONS START THE WEEK OF 9/16/19***

#### **SWIM LESSON LEVELS AGES 3 – 5 (7 class fee: \$105, 8 class fee: \$120)**

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 swimmers who are brand new to swimming lessons and/or tentative in the water.

**Pre-K Level 2-** For 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 PK1 and PK2, and be comfortable in the pool.

#### **SWIM LESSON LEVELS AGES 6+ (7 class fee: \$90, 8 class fee: \$105)**

##### **Level 1 Introduction to Water**

There are no prerequisites for this course. The objective of Level 1 is to help swimmers 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**

All swimmers must have passed Level 1 or complete a 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 will 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:**

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:**

Swimmers build on what they learned in Level 3A and add rotary breathing to their 25 yard freestyle and focus on competitive backstroke. Swimmers must complete 25 yards of freestyle with rotary breathing and competitive 25 yard backstroke to pass this level.

##### **Level 4 Stroke Improvement**

Swimmers must have passed Level 3 or complete a skills assessment test. Swimmers will improve their skills and increase their endurance by swimming familiar strokes for greater distances. Swimmers continue to learn butterfly, backstroke and are introduced to the breaststroke, the sidestroke, and flip turns. Swimmers who successfully complete level 4 will be able to swim 50 yards without stopping.

**Junior Lifeguard: Ages 11-14 and must be able to swim four pool lengths: \$125**

Junior Lifeguarding has a strong focus on developing swimming skills to help participants meet the Lifeguarding course prerequisite. The course also introduces participants to lifesaving skills, such as in-water rescues, use of a rescue tube, and first aid, CPR and AED.

**Swim Team Program Dates: 9/16/19 - January Sectional Championships**

**Sand Sharks Developmental Swim Team: \$250**

**Tuesday, Wednesday, Thursday: 515PM-6PM**

This is a great option for students who have graduated out of the lesson program, 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 challenges young swimmers by encouraging them to set goals, develop and refine strokes, turns and dives, build endurance, and participate water games. Swimmers that want to graduate to the Tiger Sharks Team must attend two practices a week and demonstrate the focus and discipline needed for the Tiger Shark swim team.

**Tiger Sharks \$300 Ages 12& Under**

**Tuesday, Wednesday, Thursday, Friday: 6PM-7PM & Saturday 830AM-945AM**

**Yoga: Monday 515PM-630PM**

Swimmers in our Tiger shark program spend a significant time focused on refining stroke techniques and using stroke drill progressions each season. Swimmers are also challenged to bring new technical developments into competition. Goals include developing and executing racing strategy, demonstrating sportsmanship and teamwork, and increased practice skills.

**Senior Tiger Sharks: \$370**

**Ages 13 + unless approved by swim coaches**

**Tuesday, Wednesday, Thursday, and Friday: 7PM-830PM & Saturday 830AM-945AM**

**Yoga: Monday 515PM-630PM and Wednesday 6PM-7PM**

With a focus on bringing the benefits of technical focus and a progressive workload together, the Senior Team has an increased expectation for swimmers in the areas of commitment, training capacity and leadership. Swimmers continue to develop and expand practice methods learned in the Tiger Shark program and expanded dryland training. The Senior Team serves as a transition for adolescent athletes into a more rigorous training program and a home for high school athletes who wish to remain multi-sport.

**USA Swimming:**

**Registration: \$90 + Individual Entry and Fees each Meet (must also be a registered Tiger Shark)**

USA swimming is a national program that the Tiger Sharks participate in. Additional meets and fees apply. This is a great opportunity to swim more races and distances to expand ones' swimming repertoire.

**REFUND AND CANCELLATION POLICY**

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

Only medical refunds given after the program has begun, prorated less additional \$10 administrative fee (physician documentation required).

Transfers: \$10 Administrative fee.

**For more information, contact**

**Head Swim Coach & Lifeguard Instructor:** Beth Weigel - bweigel@walthambgc.org

**Swim Lesson Coordinator & Assistant Swim Coach:** Michelle Nitschke - mnitschke@walthambgc.org

Aquatics Office: 781-893-6620 Ext: 17

www.walthambgc.org



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