



SUMMER 2010 SWIM LESSONS

All Classes are held at the **OUTDOOR POOL**
(if weather does not permit we will use the indoor pool)

Group Lessons

Two options to choose from ~ **Daily or Weekly**
(class descriptions and daily class schedule on back)

Daily

All classes run daily Monday - Thursday
for 2 weeks (8 classes per session)

- Session 1** June 21 - July 1
- Session 2** July 5 - July 15
- Session 3** July 19 - July 29
- Session 4** Aug 2 - Aug 12



Weekly ~ *new!*

Classes run once a week for 8 weeks
Mondays only: June 28 - August 16

- Mini Minnows** ~ 5:00 - 5:30 pm
- Guppy Gills** ~ 5:30 - 6:00 pm
- Beginner 1 & 2** ~ 6:00 - 6:30 pm

Group Lesson Rates

Member	Public
\$ 80	\$130

PRIVATE LESSONS

*Private Lessons are also available and can be arranged for weekday afternoons,
Saturday or Sunday mornings with our certified experienced instructors*

Private Lessons Rates

Member	Public
\$34 ½ hr.	\$40 ½ hr.

Semi-Private Lessons

Member	Public
\$24 ea. ½ hr.	\$28 ea. ½ hr.

For additional information ~ Contact Sandy at 978-537-8387 ext. 500
or email

ssauta@orchardhillsathleticclub.com

All registration for group lessons is done through the **front desk**. Payment is due upon registration.
No refunds after week one of lessons. Registration for all classes begins May 1st

Class Descriptions and *daily* class schedule

*Weekly schedule on front page



Little Nemos

Ages 6 months – 3 years

Monday - Thursday

12:30 – 1:00 pm (*Session 2 & 3 Only*)

Little Nemos is a parent and child class. It's a great way to get your child comfortable and learn some basic water skills through play, song and socialization with other children.

Mini Minnows

Ages 3 – 5 years

Monday – Thursday

10:30 – 11:00 am

Mini Minnows is a class for children who are just starting to learn to swim on their own. Your child will use a flotation device while in this class which we provide. Basic skills will be taught including wall walking, reaching, kicking, doggie paddle and floating on front and back.

Guppy Gills

Ages 4 – 6 years

Monday – Thursday

10:00 – 10:30 am

Guppy Gills is an advanced level class for young children who are building confidence and ready to start swimming on their own without any flotation device. They will learn structure, kicking and breathing.

Beginner 1 & 2

Ages 5 + years

Monday – Thursday

9:30 – 10:00 am

This is for any child who is comfortable in the water and is ready to start developing strokes. Skills taught will include basics of front crawl and back crawl, underwater swimming, front and back recovery and more.

Intermediate 3 & 4

Ages 6 + years

Monday – Thursday

9:00 – 9:30 am

Prerequisite: *Children enrolled in this class must be able to do one full length of the pool of front crawl stroke. Skills taught in Intermediate classes include the back crawl, elementary backstroke, and breast stroke as well as treading water and survival skills. Building up endurance is also a prime component of this class.*

Advanced 5 & 6

Ages 7 + years

Monday – Thursday

8:30 – 9:00 am

Prerequisite: *Children must be able to do at least one length of front crawl and one length of back crawl and able to perform the basics of the breast stroke. Advanced 5 & 6 classes are for those who wish to perfect all their stroke techniques as well as work on endurance. Children will also learn butterfly, sidestroke, flip turns and more. Great for those that really love swimming and want to work hard.*