

STURBRIDGE LAKES ASSOCIATION SWIM LESSONS (2013)

Swim lessons will be given using the standard YMCA class levels.

PARENT-CHILD & PRE-SCHOOL LEVELS AGES 6 MONTHS – 5 YEARS OLD

AQUA TOTS (6 months – 3 years old) This program encourages the bond of trust between parent and child, demonstrates fun activities to do together, and teaches parents how to supervise their children around water. Parents must accompany child in the water. Children still wearing diapers should wear snug fitting pants, a swimsuit with elasticized pants, or a swim diaper.

PARENT WITH PIKE (24 months – 36 months) This program is for the child who has advanced beyond the need for Aqua Tots but has not yet reached the age requirement (3 years) to begin the Pike class. The child will wear a flotation device and, with guidance from the instructor, will be taught the basics of swimming with the parent's assistance.

PIKE (3 – 5 Years Old) Child swims less than 10 feet with a flotation belt. This class is for children who have not had lessons before.

EEL (3 – 5 Years Old) Child swims between 10 and 40 feet with a flotation belt, face in the water and/or able to take breathes.

RAY (3 – 5 Years Old) Child swims at least 40 feet with a flotation belt, face in the water and able to take long breathes.

STARFISH (3 – 5 Years Old) Child swims the length of a pool (25 yards), with a flotation belt; face in the water, and with rhythmic breathing.

YOUTH AND ADULT LEVELS AGES 6 – 12 YEARS OLD

POLLIWOG (6 – 12 Years Old) Beginner, swims less than 20 feet.

GUPPY (6 – 12 Years Old) Advanced Beginner, able to swim 25 yards (the length of a pool) with or without a flotation device and his/her face in the water. Treading water and back paddling introduced.

SESSION I - JUNE 25, 26 & 27, AND July 2, 3 & 5

SESSION II - JULY 16, 17, & 18, AND July 23, 24 & 25,

LOCATION: CHATHAM BEACH LESSON TIMES: 12:00 – 4:00

Any lessons canceled due to inclement weather will be made up on Mondays or Fridays.

ENROLLMENT DEADLINE: FRIDAY, JUNE 7, 2013

PRICE: \$5.00 PER STUDENT / PER SESSION *NON-REFUNDABLE*****