



# Swim Lessons Schedule

250 Faunce Corner Road, North Dartmouth, MA  
508-999-2171

**Session Beginning Sunday, July 8, 2018**

**Registration for new participants:**

Members can register Starting Tuesday, June 19<sup>th</sup>  
Non-Member Walk-in Registration begins Thursday, June 21<sup>st</sup>

CLASS	DAY OF WEEK	TIME
<b>Aqua Tot:</b> Designed for children 6 mos. to 3 yrs. In this level water acclimation, fun activities and songs will be introduced. This class requires that the child be accompanied by an adult in the water.	Sunday Monday Thursday Saturday	9:00am 10:30am 6:00pm 9:00am
<b>Level 1 – Introduction to Water Skills:</b> Children will become acquainted with the water. At this level, blowing bubbles, kicking, paddling and front and back positions will be taught. This level is the basis for future classes. Basic safety skills will be introduced. Level 1 participants must be toilet trained and be able to go up and down the ladder.	Sunday Monday Tuesday Wednesday Thursday Friday Saturday	9:30am, 11:00am 10:00am, 5:00pm 4:00pm 4:30pm, 6:00pm 5:30pm, 6:30pm 5:30pm 9:30am, 11:00am
<b>Level 2 – Fundamental Water Skills:</b> The skills that are learned at this level include: an introduction to rhythmic breathing, underwater swimming, front & back floating and elementary stroke. There is also an introduction to crawl and backstroke. Safety skills will be introduced.	Sunday Monday Tuesday Wednesday Thursday Friday Saturday	10:00am 5:30pm 5:00pm 5:00pm 5:00pm 5:00pm 10:00am
<b>Level 3 – Stroke Development:</b> Children learn to coordinate front and back crawl, as well as begin to learn the beginnings of breaststroke. Basic rescue skills will be taught.	Sunday Tuesday Wednesday Friday Saturday	10:30am 4:30pm 5:30pm 4:30pm 10:30am
<b>Level 4 – Stroke Improvement:</b> Stroke techniques and endurance become skills. At this level, sidestroke, and breaststroke are expanded upon.	Monday	6:00pm

**Members: \$80 Non-members: \$120 (8 week session) \$25 Registration fee per family for non-members.  
Subtract \$5 for each additional child or each additional class per week.**

Registrations are processed on a first come, first served basis. There are no refunds and make up classes will only be available if class is cancelled due to weather, national holiday, or other unforeseen circumstances. Private lessons are available for more individualized instruction or to meet your unique schedule needs. For more information contact Josselyn at [jgouveia@healthtrax.net](mailto:jgouveia@healthtrax.net).



Revised 5/16/2018

[www.healthtrax.com](http://www.healthtrax.com)

