

# Aquatics

## Swim Lessons

### PARENT/CHILD (6 months-3 years)

#### SHRIMP/KIPPERS WITH PARENT

Provides an early water experience for children to progress from water adjustment through basic skills. Program instruction is directed toward helping parents work with their children in the water. One adult must accompany each child.

#### PIKE WITH PARENT

For children who are not ready to be away from an adult for swimming lessons. This is a transition class that introduces skills to the child and adult together. Graduation day is when the parents are out of the pool and the kids are comfortable on their own!

### PRESCHOOL (ages 3-6)

#### PIKE (30 minutes)

Ideal for beginner swimmers or those experiencing their first swim lesson. Skills emphasized are floating, swimming on front, back and side for 5 feet, going underwater and safety.

#### EEL (30 minutes)

Children will learn to swim on front, back and side independently for 15 feet and safety.

#### RAY (30 minutes)

Children will learn to swim 20 feet on their front, back, side and breaststroke. Emphasis will be on building stamina and on safety.

#### STARFISH (30 minutes)

Children will learn to swim 15 yards on their front, breathing to the side, and back, and continue to work on front and back crawl, breaststroke, sidestroke, building stamina, and practicing safety.

### YOUTH SCHOOL-AGE (ages 6-17)

#### POLLIWOG (30 minutes)

For children comfortable in the water but still using a bubble. Skills emphasized are floating, gliding, swimming on front, back and side for short distances.

#### GUPPY (30 minutes)

Children will improve their front and back crawl, learn rotary breathing, safety skills and work on swimming up to 25 yards.

#### MINNOW (40 minutes)

Children can swim 25 yards. Skills will include proper front and back crawl, breaststroke, elementary backstroke, treading water, and building endurance.

#### FISH (40 minutes)

Advanced intermediate level. Front and back crawl, breaststroke, butterfly, surface dives, endurance training up to 50 yards.

#### FLYING FISH (40 minutes)

Swimmers will continue to improve all strokes, safety skills and endurance up to 100 yards.

#### SHARK (40 minutes)

Advanced level. Students swim for 100 yards. Emphasis on improving safety skills and strokes, including competitive swimming skills.

#### SUPER SPLASHERS (40 minutes)

Parents with special needs children enjoy 20 minutes of swim instruction followed by 40 minutes of free swim. Parents must be in the pool. Call Swim Lesson Coordinator at 508-222-7422 ext 109 to set up a day and time.

## Swim Level Testing

FREE Swim Testing available. Call the Downtown Branch Aquatics Director at 508-222-7422 ext 109 or the Pleasant Street Branch Aquatics Coordinator at 508-226-7700 for information and appointments.

## Lifeguard Certification

### Lifeguard Certification (ages 15+)

A 36-hour American Red Cross Lifeguard certification course. Swimming prerequisites required. Downtown Branch.

April 7—June 9  
WED 6:15-9:15 PM  
\$155 Y Member  
\$255 Program Participant

### ADULT/TEEN LESSONS (30 minutes)

Learn or improve your swimming skills.

### PRIVATE LESSONS (30 minutes)

Call the Aquatics Coordinator at your location of choice to schedule.

\$50 Y Member  
\$65 Program Participant



# Aquatics

## Downtown Swim Lessons

\$ 63 Y Member \$103 Program Participant		Parent/Child		Preschool Classes				Youth Classes					Adult/ Teen Classes
		Shrimp/ Kippers	Pike w/ Parent	Pike	Eel	Ray	Star- fish	Polliwog	Guppy	Minnow	Fish	Flying Fish	
Mon	9:30	x		x	x								
Mon	10:00		x	x	x								
Mon	10:30					x	x						
Mon	11:00				x								
Mon	5:20									x	x	x	
Tues	3:50			x	x	x							
Tues	4:25				x	x	x						
Tues	5:00							x	x			x	
Tues	5:35	x		x	x								
Tues	6:10		x	x	x								
Tues	6:45							x	x	x			
Wed	9:30				x	x	x						
Wed	10:00			x	x	x							
Wed	10:30	x		x	x								
Wed	11:00			x	x	x							
Wed	5:20									x	x	x	
Wed	6:00							x	x				
Thurs	3:50					x	x						
Thurs	4:25							x	x	x			
Thurs	5:00		x			x	x						
Thurs	5:35			x	x	x							
Thurs	6:10	x		x	x								
Thurs	6:45							x	x		x		
Fri	9:30		x	x	x								
Fri	10:00	x		x	x								
Fri	10:30			x	x	x							
Fri	11:00					x	x						
Fri	5:20									x	x	x	
Sat	9:00	x		x	x								
Sat	9:35			x	x	x							
Sat	10:10							x	x				
Sat	10:30									x	x	x	
Sat	10:45		x	x									
Sat	11:20					x	x	x					

## Downtown Member Benefits

### LAP/FITNESS SWIM

We're excited to offer at least one lane for lap and fitness swimming during all hours the building is open! Schedules are available online and at the Welcome Centers.

### FAMILY RECREATIONAL SWIM (Balfour Pool)

MON	2:30-3:30 PM
	6:00-7:15 PM
	8:00-9:30 PM
TUES	2:30-3:30 PM
	8:00-9:30 PM
WED	8:00-9:30 PM
THURS	2:30-4:00 PM
	8:00-9:30 PM
FRI	4:00-9:30 PM
SAT	2:00-7:30 PM
SUN	7:00 AM-3:30 PM

### WATER JOGGING CLASS (Sweet Pool)

Moderate to vigorous jogging in the pool.

TUES, THUR 9:30-10:30 AM

### AQUA-MOTION AEROBICS

MON-FRI 8:30-9:15 AM

MON-THUR 7:15-8:00 PM

### SENIOR WAVES (stretching, toning, strengthening)

TUES, THUR 9:15 - 10:15 AM

### ARTHRITIS EXERCISE

TUES, THUR 10:15 - 11:15 AM

### MASTERS SWIM

Perfect a stroke! Get motivated to swim laps! Gain endurance and strength during these workouts. Attend all or select the times that work best for you!

FRI 6:30-8:30 PM



SPRING I February 21 - April 17, 2010 (8 WEEKS)

SPRING II April 25 - June 19, 2010 (8 WEEKS)

# Aquatics

## Pleasant Street Swim Lessons

\$ 63 Y Member \$103 Program Participant		Parent/Child		Preschool Classes				Youth Classes					Adult/ Teen Classes
		Shrimp/ Kippers	Pike w/ Parent	Pike	Eel	Ray	Starfish	Polliwog	Guppy	Minnow	Fish	Flying Fish/ Shark	
Mon	6:15									x	x	x	
Mon	6:30												x
Tues	9:30					x	x						
Tues	10:00			x									
Tues	10:30	x											
Tues	11:00				x								
Tues	4:30									x	x		
Tues	5:15				x	x		x	x				
Tues	5:50				x					x			
Tues	6:25			x				x	x				
Wed	10:30					x							
Wed	11:00				x								
Wed	11:30			x									
Wed	12:00				x								
Wed	12:30					x	x						
Wed	4:30			x	x								
Wed	5:05							x	x				
Wed	5:40				x	x				x			
Thurs	9:30					x	x						
Thurs	10:00				x								
Thurs	10:30			x									
Thurs	11:00					x	x						
Thurs	4:30			x	x								
Thurs	5:05							x	x				
Thurs	5:40									x	x	x	
Thurs	6:25	x			x	x							
Fri	9:30				x								
Fri	10:00			x									
Fri	10:30					x	x						
Fri	11:00				x								
Fri	4:30				x	x	x						
Fri	5:00								x	x	x		
Fri	5:45			x	x	x	x						
Sat	9:00										x	x	x
Sat	9:45			x				x	x				
Sat	10:20	x			x								
Sat	10:50					x	x			x			

## Pleasant Street Member Benefits

### LAP/FITNESS SWIM

We're excited to offer at least one lane for lap/fitness swimming during all hours the building is open! Schedules are available online and at the Welcome Centers.

### FAMILY RECREATIONAL SWIM

MON	3:30-4:30 PM 8:00-9:30 PM
WED	3:30-4:30 PM 8:00-9:30 PM
THURS	8:00-9:30 PM
FRI	3:30-4:30 PM 6:30-9:30 PM
SAT	11:30-12:30 PM 3:00-7:30 PM
SUN	7:00 AM-3:30 PM

### MASTERS SWIM

Perfect a stroke! Get motivated to swim laps! Gain endurance and strength during these workouts. Attend all or select the times that work best for you! Coach and/or workouts provided.

MON	7:00-8:00 PM
THURS	7:00-8:00 PM

### PRE COMPETITIVE SWIM (age 6 and up)

Not ready for swim team yet? This is an opportunity to move from a weekly swim lesson to multiple swim opportunities each week. Build stamina and get ready to join a team in the future.

MON & THUR	7:00-8:00 PM
\$ 86	Y Member
\$114	Program Participant

### AQUA-MOTION AEROBICS

MON, WED	9:30-10:30 AM
TUE, THURS, FRI	8:30-9:30 AM