

Summer Swim Schedule 2019

Swim School at Thoreau

WEEKDAY SESSIONS

Classes Run Monday Thru Thursday

9:00	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
9:30	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5

Session Dates: Swimmer is enrolled for a class Monday thru Thursday. Each week is a new session.

(Session 1): 6/24 - 6/27

(Session 5): 7/22 - 7/25

(Session 2): 7/1 - 7/3

(Session 6): 7/29 - 8/1

*No Class July 4th, Week 2 Pro-Rated

(Session 3): 7/8 - 7/11

(Session 7): 8/5 - 8/8

(Session 4): 7/15 - 7/18

WEEKDAY OPTION FEE:

Swim Members: \$109/Session

Community Members: \$119/Session

Register online or with Member Services starting June 1, 2019

Contact: (978) 831-1349

If the outdoor pool closes due to thunder/lightning, you will be issued a credit for any cancelled classes to your account

Private Lessons may be available upon request

WEEKEND SESSIONS

SATURDAY

SUNDAY

10:00	BABY & ME	BABY & ME
10:30	LEVEL 1	LEVEL 1
11:00	LEVEL 2	LEVEL 2
11:30	LEVEL 3	LEVEL 3
12:00	LEVEL 4	LEVEL 4
12:30	LEVEL 5	LEVEL 5

Session Dates:

Classes meet once per week during your Seven-Week Saturday or Sunday session.

Saturday: 6/29 - 8/10

Sunday: 6/30 - 8/11

WEEKEND OPTION FEE:

Swim Members: \$194

Community Members: \$208

The
Thoreau Club
Where families & friends belong

Learn-to-Swim

Swim School at Thoreau

Baby & Me

A Water acclimation and safety program that teaches parents how to work with their child in the water. Pre-swimming skills and techniques are taught to prepare your little one for future group swim lessons and water awareness. Great option for new Moms and Dads!

Level 1

A class designed for non-swimmers who are comfortable in the water, but not yet independent. Level 1 focuses on breath control, floating, and forward progression using arms and legs. Must be 3 years old to participate and able to be in a group setting.

Level 2

A class for children who can swim short distances independently and are ready to learn strokes on their front and back. Level 2 will introduce the fundamentals of the front crawl, kicks, and elementary back stroke.

Level 3

Swimming approximately half the pool length, students will begin to learn new strokes and increase distance. Introduction of streamline position, backstroke, and kneeling dives.

Level 4

Level 4 swimmers should be ready to swim 25 yards and will refine proper technique for front crawl, backstroke and breaststroke. Rotary breathing a butterfly are introduced, and swimmers will use equipment such as kick boards and flippers to strengthen arms and legs.

Level 5

A course focused on perfecting the technique of individual strokes and introducing competitive swimming skills. Students will transition into a coached style class where they will receive feedback on their freestyle, backstroke, breaststroke, and butterfly. Instructors will incorporate racing starts and flip-turns. Level 5 is a great class to prepare for the Thoreau Sharks Swim Team.