

WINTER 2022

SWIM SCHOOL AT THOREAU

	SUNDAY	MONDAY	TUESDAY	THURSDAY	SATURDAY
8:45	BABY & ME				
9:15					BABY & ME
9:45					LEVEL 1 LEVEL 3
10:30					LEVEL 2 LEVEL 4
4:00		LEVEL 1 LEVEL 3	LEVEL 1 LEVEL 2	LEVEL 1 LEVEL 3 LEVEL 4	
4:30		LEVEL 2 LEVEL 4	LEVEL 1 LEVEL 2	LEVEL 1 LEVEL 2	

Swimmers must be age 4 or older to participate in our weekly Group Swim Lesson Program.
Swimmers must be 12 months - years old to participate in our weekly Baby & Me Program.
Each class is 30 minutes.

SESSION 2

October 31st - December 18th

No class November 21st - November 27th
(Thanksgiving week)

PRICING

Thoreau Swim Members: \$149

Community Members: \$254

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CLASS DESCRIPTIONS

SWIM SCHOOL AT THOREAU

BABY & ME

Ages 12 months - 4 years

Introduces basic skills to parents and children.

Parents learn how to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills.

Children receive an introduction to basic water skills that lay a foundation for learning to swim.

Additionally, parents are introduced to several water safety topics.

LEVEL 2

The objective of Learn-to-Swim level 2 is to give participants success with fundamental skills. This level marks the beginning of true locomotion skills. Participants learn to glide and float without support and recover to a vertical position. Participants further develop alternating and simultaneous arm and leg movements on the front and back, which lays the foundation for future strokes.

LEVEL 4

In Learn-to-swim level 4, participants improve their aquatic skills and increase their endurance by swimming the strokes learned in Level 3 for greater distances and with more advanced proficiency. Participants add arm actions to the previously learned scissor kick and breaststroke kick so that they are able to perform rudimentary sidestroke and breaststroke. Participants also begin learning backstroke and butterfly, as well as a basic open turn.

LEVEL 1

Level 1 introduces basic water skills, which participants continue to build on as they progress through the Learn-to-Swim program. Additionally, participants start developing positive attitudes, effective swimming habits, and safe practices in and around the water.

LEVEL 3

Level 3 is designed to expand proficiency of previously learned skills by providing additional guided practice. Participants learn and practice front crawl and elementary backstroke at a rudimentary proficiency. They also are introduced to the dolphin kick, scissor kick, and head first entries.

Participants who successfully complete level 3 will have achieved basic water competency in a pool.