

SUMMER 2010

Registration for SESSION 1: June 21st-July 9th - Mail-in starts March 15th. Walk in starts March 23rd.
Registration for SESSION 2: July 26th-Aug 13th - Will be held at the Town Hall Rec Office July 19th - 22nd



Aquatic Programs

SESSION 1: Adaptive Swim Lessons (ADAPT) - \$45 per child (10 classes) / Monday - Friday / July 12th - July 23rd. The Recreation Department will offer an adaptive swim program for **children/teens ages 6-17**. This class will focus on the individual abilities of the special needs child/teen. All instruction will be given with a one to one teacher to student ratio and will follow guidelines established by the school in the child's Individual Education Plan (IEP) **a copy of which is required at registration**. A phone interview and short questionnaire will be required for all children seeking entry into the program. Once it is determined that our program can meet the needs of your child, a class time will be assigned. *This program is partially subsidized by a private grant from The Edwin Phillips Foundation.*

SESSION 1: Private / Semi-Private Swim Lessons (PRIVATE/SEMI) - \$15 per child per half hour / \$25 per half hour (up to 2 children) / July 12th - 23rd / Scheduled on the 1/2 hour between 9:00am and 4:30pm. In addition to our Group Swim Lesson program, we will also offer private & semi private swim lessons during the break between the 1st and 2nd sessions. In order to participate, children must be at least 3 years of age. To schedule lessons you must call or email the Recreation Department to check availability.

Group Swim Lessons

Level 1 to 6 (1-6) - Minimum age: 4 by start of program / \$45 per child / Mon - Fri / 1/2 hour class (choose AM or PM) Lessons offered at Morton Park or Fresh Pond (Refer to descriptions below)

SESSION 1: June 21st - July 9th (no class July 5th)
SESSION 2: July 26th - August 13th

LEVEL 1 – WATER EXPLORATION - The main focus of Level 1 is an introduction to water. If your child cannot fully submerge without holding their nose, this class is for them. Skills required to pass this level include: front and back float with supports, front and back glide with support, basic combined stroke.

LEVEL 2 – PRIMARY SKILLS - The main focus of this level is to strengthen front and back floating skills and work on basic front and back crawl (beginner stroke) skills. In order to pass this level the child must be comfortable underwater, roll from front to back float, tread water for 15 seconds, and swim for 5 body lengths using a combined stroke or beginner stroke.

LEVEL 3 – STROKE DEVELOPMENT - The main focus of this level is strengthening front and back swimming skills in deep water. The skills associated with the elementary backstroke and sidestroke kick will be introduced. In order to pass this level the child must be able to tread in deep water for 30 seconds, swim the front crawl for 15 yards using rotary breathing and demonstrate knowledge of both the elementary backstroke and scissor kick in deep water. They will need to be comfortable swimming underwater.

LEVEL 4 – STROKE IMPROVEMENT - The main focus of this level is to build swimming endurance and improve stroke technique. In order to be in this level your child needs to have passed level 3 and be able to swim crawl and elementary backstrokes with good technique for 15 yards. Sidestroke skills will be improved on and complicated breaststroke and butterfly stroke skills will be taught. In order to pass this level the child must be able to swim Front Crawl and elementary back strokes for 25 yards, sidestroke for 15 yards and show knowledge of breaststroke and butterfly for 15 yards. At this level your child needs to be very comfortable in deep water and be able to swim underwater for 3-5 body lengths.

LEVEL 5 – STROKE REFINEMENT - The main focus of this level is to refine the technique for all of the strokes and continue to build endurance. To be in this level your child needs to have passed level 4 and have a great crawl stroke with rotary breathing, strong elementary backstroke and sidestroke. In addition they should know how to do the breaststroke and butterfly. They should be able to dive into a pool, swim 25 yards and surface dive down to 8 feet. In order to pass this level the child must be able to show proper technique in all of the strokes that have been learned. They should be able to swim 50 yards comfortably using both the front crawl and elementary backstrokes.

LEVEL 6 – SKILL PROFICIENCY - The main focus of this level is to improve stroke technique and build endurance. There are three separate sections of instruction in this level. They are: Personal Water Safety, Fitness Swimmer and Fundamentals of Diving. Because this program is taught in a pond with no diving facilities available, only the first two sections will be covered in this class. To be in this level, your child must have proof of having passed level 5.

SESSION 1: JUNIOR LIFEGUARD TRAINING (JLGT) Ages 12-14 - \$80 per child - June 21st - July 8th (no class 7/5) 9:00a-10:00a / Mon - Thur
This class is for teens that aren't old enough or quite ready for the Lifeguard Training Program. The curriculum was put together by the Recreation Department to motivate and encourage kids that are strong swimmers to become certified lifeguards. It is basically a modified lifeguard training class. We will use the same equipment and rescue techniques that are used in the certification program, including instruction in CPR and first aid. In order to take this program the pre teen/teen must have passed level 6 or be able to swim across the length of Morton Pond (300 yards).

SESSION 1: LIFEGUARD TRAINING (LGT) (Minimum Age: 15 by end of course) - \$200 per child / June 21st - June 25th - 9:00a-3:30p
This is a 32+ hour certification course and attendance at all classes is mandatory. If you successfully complete the written and practical skills for this program, you will receive certification in CPR as a Professional Rescuer and as a Red Cross Lifeguard. A required swimming skills test will be given on the first day of the program. It consists of a 300 yard continuous swim and a 20 yard underwater swim. If you fail to pass the test, you will be given the opportunity to withdraw from the program and given a refund minus a \$10 administrative fee. It is important to note that there are two written tests and various practical skill tests that are administered in this class. You must pass all of them to obtain certification. Any students with IEP's should make that known prior to the start of the program so that special accommodations can be made.

**If you are still unclear as to which class level your child should be in, don't guess ---
Call the Recreation Department at 508-747-1620 Ext 137 and we will be happy to help you.**