

# SWIM LESSONS at WAYLAND TOWN BEACH

Swim lessons are designed to give students a positive learning experience and teach aquatic and safety skills in a logical progression. The objective is to teach children to swim and to be safe in, on and around the water. Children and accompanying adult must be beach members to participate in swim lessons.

## PRESCHOOL SWIM LESSONS (Ages 3 to 5)

Children not yet in Kindergarten must participate in the preschool level for their age, regardless of ability. Introduction to Water Skills: helps students feel comfortable in the water and to enjoy the water safely. Basic water skills are taught through games, songs, stories and age-appropriate play. Max 3 per class.

**PRE SCHOOL A:** 3 years to 4.5 years

**PRE SCHOOL B:** 4.5 years to 5 years

## LEVEL SWIM LESSONS (For children entering First Grade or higher in September)

Children progress through swim levels at different rates, and will move to the next skill level when they have mastered the current level. Children will move to the next level when all critical skills in the prior level have been completed. If found to be more skilled than the current lesson level, every effort will be made to advance a level; subject to class availability.

### LEVEL 1

**Max 4 per class**

Introduction to Water Skills: helps students feel comfortable in the water and enjoy the water safely.

### LEVEL 2

**Max 4 per class**

Prerequisites: LEVEL 1 certificate or competency in LEVEL 1 skills.

Child will practice to master skills to submerge head with eyes open, retrieve underwater object, front & back glide, tread water with life jacket, rhythmic breathing, flutter kick front & back, perform combined stroke front & back, and swim on side.

### LEVEL 3

**Max 6 per class**

Prerequisites: LEVEL 2 certificate or competency in LEVEL 2 skills.

Child will practice and master skills to jump into deep water from dock with lifejacket, butterfly kick, dive from kneeling or standing position, front & back crawl and glide, submerge and retrieve object, rotary breathing.

### LEVEL 4

**Max 6 per class**

Prerequisites: LEVEL 3 certificate or competency in LEVEL 3 skills.

Child will practice and master skills to front & back crawl, breaststroke, butterfly, elementary backstroke, swim on side with scissor kick, feet first surface dive, shallow dive from stride position, open turns, swim underwater, compact jump into water, tread water using arm motions and kick.

## PRIVATE LESSONS & SEMI-PRIVATE SWIM LESSONS

**3:30pm or by Appointment**

Private swim lessons are offered for all skill levels. Available in 30 minute slots per day; available by appointment, dependent on instructor availability. Private: \$30 per lesson or Semi-Private: Two or more swimmers: \$24 per person. Call (508) 358-3660 for more information, or (508) 655-8237 evenings & weekends.

## FREE SWIM EVALUATIONS & SWIM TESTS

**Weekends June 4 to June 25**

Must be age 5 years or older: Have a swim instructor evaluate your child's ability and recommend the appropriate level. Take swim tests for boating lessons. Evaluations take approximately 15 minutes on weekends June 3 to June 25.

### LESSONS SCHEDULE

- Twice per Week for Two Weeks, (4 lessons): Monday & Wednesdays OR Tuesdays & Fridays  
Session 1 begins July 10 | Session 2 begins July 24
- Daily, (4 lessons): Monday through Thursday  
Session 3 is Week of August 7
- Weekends Only, Once per week for 6 weeks (6 Lessons): Saturdays OR Sundays  
Session: July 8 to August 13