

AQUATICS

9 WEEK SESSIONS

	Monday	Tuesday	Wednesday	Thursday	Friday		Sunday	Saturday
9:30	Preschool 2	Water Babies		Preschool 1		9:00	Water Babies	
10:05	Preschool 1	Preschool 1		Water Babies			Preschool 1	
10:40	Water Babies	Preschool 2		Preschool 2			Preschool 2	8:00 Water Babies
3:45	Preschool 2	Beginner	Beginner	Preschool 2	Beginner	9:35	Preschool 1	8:00 Preschool 1
	Preschool 1	Preschool 2	Preschool 1	Preschool 1	Preschool 1		Preschool 2	8:35 Preschool 1
4:20			Adv. Beginner			Beginner	8:35 Preschool 2	
	Beginner	Preschool 1	Preschool 2	Adv. Beginner	Preschool 2	Preschool 1	9:10 Water Babies	
4:55	Preschool 2	Preschool 2	Beginner	Intermediate	Adv. Beginner	10:10	Preschool 2	9:10 Preschool 1
	Intermediate	Preschool 2	Beginner	Preschool 2	Beginner	Youth Beginner	Preschool 2	9:10 Preschool 2
5:30	Adv. Beginner	Beginner	Adv. Beginner	Beginner	Preschool 2	10:45	Preschool 2	9:45 Preschool 1
		Adv. Beginner	Intermediate	Pre-Team (1hr)	Adv. Beginner		Adv. Beginner	9:45 Beginner
6:05		Adult Beginner	Preschool 2		Youth Beginner	Beginner	10:20 Preschool 2	
			Pre-Team (1hr)		Preschool 2	Preschool 1	10:20 Adv. Beginner	
					Preschool 1	11:20	Beginner	10:20 Beginner
							Water Babies	10:20 Water Babies
								10:55 Preschool 1
						1:00	Preschool 2	10:55 Beginner
							Adv. Beginner	11:30 Preschool 1
						1:35	Preschool 1	11:30 Preschool 2
							Beginner	12:05 Preschool 2
								12:05 Adv. Beginner
						3:55	Youth Beginner	
							Beginner	3:00 Adult Beginner
						4:30	Adv. Beginner	3:00 Preschool 2
							Intermediate	3:35 Beginner
						5:05	Preschool 1	3:35 Tots
							Preschool 2	4:10 Preschool 2



6 Students to 1 Instructor • Classes 7 Days a Week • Heated Pool
 Certified Instructors • Licensed Lifeguards • Salt Pure Pool
 Ages 6 Months and Up

SESSION 3: Feb 3 - Apr 13

Break: Feb. 17 - 23, 2019

SESSION 4: Apr 21 - Jun 22

Waterbabies to Adults
 DHAC Family Member Cost: \$171
 Non-Member Cost: \$207

PRE-TEAM PRICING		
	DHAC Member	Non DHAC Member
1 Class/WK/Session	\$225	\$252
2 Classes/WK/Session	\$414	\$468

DEDHAM HEALTH
 & Athletic Complex

LESSON INFORMATION



YOUTH LESSONS

Waterbabies

(6 months—2.5 years) Parent participation required. A class of interactive water play to encourage a positive experience in the water while learning basic skills for swimming. As a parent participation class, the ratio is 12:1.

Preschool 1/Swim Tots *

(2.5 – 4 years) No parent participation. The child may or may not have prior swimming experience. Our instructors work with your child to increase comfort level in the water. We introduce the basics of Front Crawl and Elementary Backstroke.

Preschool 2/Level 1 *

Students who have passed Swim Tots or have little swimming ability, but are comfortable in the water. Comfort and confidence are emphasized. We work on Front Crawl, Backstroke, floating and dives in this level.

Beginner/Level 2 *

Students who have passed Level 1 or are able to swim 15 yards Front Crawl and Backstroke unassisted. We emphasize endurance while still teaching technique in this level.

Advanced Beginner/Level 3 *

Students who have passed Level 2 or are able to swim Front Crawl with rotary breathing and Backstroke 25 yards. We introduce Breaststroke, Flip Turns, Speed Turns, and Sidestroke. We emphasize endurance while still teaching technique in this level.

Intermediate/Level 4 *

Students who have passed Level 3 or are able to swim 50 yards Front Crawl with rotary breathing, 50 yards Backstroke, and 25 yards Breaststroke. We review the basics of all competitive strokes as well as flip turns, open turns and racing starts off of the diving blocks.

Pre-Team

7 years and up. | Swimmers must be able to swim 50 yards for all competitive strokes using flip turns and speed turns. This is a 1 hour workout in which pace and sports conditioning are introduced. This is not a “learn to swim” class.

Youth Beginner (7 years and up) *

This class is designed for older children who wish to learn the basics of swimming. Participants may or may not have prior experience in the water. The class will be centered on becoming comfortable in the water and learning the fundamental swimming skills for Front Crawl, Backstroke and Breaststroke.



ADULT LESSONS

Beginner Classes *

Designed to teach the basics of swimming. Classes are a half hour in length. Participants may or may not have prior swimming experience. Classes concentrate on introducing Front Crawl, Backstroke, and overcoming fears of the water.

*The ratio is 6:1

**ALREADY KNOW HOW TO SWIM? INTERESTED IN GETTING COMPETITIVE?
JOIN THE DHAC HYDRA SWIM TEAM!**