



**CALL TO RESERVE YOUR SPOT: 781-326-2900**

# SWIMMING LESSONS FOR ALL AGES

**Session IV: April 22 - June 23**  
**Summer Session I: June 24 - July 28**  
**Summer Session II: July 29 - Sept 1**  
5 week (summer) cost  
 Indoor Family Members: \$70  
 Non Family Members: \$90

**9 week cost**  
 Indoor Family Members: \$126  
 Non Family Members: \$162  
 Pre-Team Pricing Below  
**No Refunds**

|       | Monday       | Tuesday        | Wednesday      | Thursday       | Friday       |
|-------|--------------|----------------|----------------|----------------|--------------|
| 9:30  | Level 1      | Water Babies   | Swim Tots      | Swim Tots      | Water Babies |
| 10:05 | Swim Tots    | Swim Tots      | Level 1        | Water Babies   | Swim Tots    |
| 10:40 | Water Babies | Level 1        | Waterbabies    | Level 1        | Level 1      |
| 3:45  | Level 1      | Level 2        | Level 2        | Level 1        | Level 2      |
|       | Swim Tots    |                | Swim Tots      | Swim Tots      | Swim Tots    |
| 4:20  | Level 2      | Level 4        | Level 1        | Level 3        | Level 1      |
|       | Level 1      |                | Level 2        | Level 4        | Level 3      |
| 4:55  | Level 4      | Level 1        | Level 2        | Level 1        | Level 2      |
|       | Level 3      |                | Level 3        | Level 2        | Level 1      |
| 5:30  |              | Level 3        | Level 4        | Pre-Team (1hr) | Level 5/6    |
|       |              |                | Level 5/6      | Youth Beginner | Level 3      |
| 6:05  |              | Adult Beginner | Pre-Team (1hr) | Level 1        | Level 1      |
|       |              |                |                |                | Swim Tots    |

|       | Saturday       | Sunday         |
|-------|----------------|----------------|
| 9:00  | Water Babies   | Water Babies   |
|       | Level 1        | Level 1        |
| 9:35  | Swim Tots      | Swim Tots      |
|       | Level 1        | Level 1        |
|       | Level 2        | Level 2        |
| 10:10 | Level 3        | Swim Tots      |
|       | Level 2        | Level 1        |
|       | Water Babies   | Youth Beginner |
| 10:45 | Swim Tots      | Level 1        |
|       | Level 2        | Level 3        |
|       |                | Level 2        |
| 11:20 | Swim Tots      | Swim Tots      |
|       | Level 1        | Level 2        |
| 12:00 |                | Adult Inter    |
| 1:00  | Level 1        | Level 1        |
|       | Level 3        | Level 3        |
| 1:35  | Swim Tots      | Swim Tots      |
|       | Level 2        | Level 2        |
| 3:55  | Adult Beginner | Youth Beginner |
|       | Level 1        | Level 2        |
| 4:30  | Pre-Team (1hr) | Level 3        |
|       |                | Level 4        |
| 5:05  | Level 1        | Swim Tots      |
|       |                | Level 1        |

## Pre-Team Pricing

| Member                | Cost of Team | Non member            | Cost of Team |
|-----------------------|--------------|-----------------------|--------------|
| 1 class per session   | \$189        | 1 class per session   | \$216        |
| 2 classes per session | \$342        | 2 classes per session | \$396        |
| 3 classes per session | \$459        | 3 classes per session | \$540        |

**Already know how to swim?  
 Interested in getting competitive? Join our swim  
 team, the DHAC Hydras!!**

- Classes 7 days a week
- Heated Pool
- Certified Instructors
- Licensed Lifeguards
- 6:1 Ratio
- Salt Pure Pool

**FOR MORE INFORMATION CALL 781-326-2900**

Dedham Health & Athletic Complex, 200 Providence Highway, Dedham, MA 02026  
 781-326-2900 \* www.dedhamhealth.com



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For more information go to our website:  
[www.dedhamhealth.com](http://www.dedhamhealth.com)

## **Which class is right for my child?**

### **Waterbabies (6months – 2 ½ years) Parent Participation Required**

A class of interactive water play to encourage a positive experience in the water while learning essential skills for swimming.  
**As a parent participation class, the ratio is 12:1.**

### **Swim Tots (2 ½ years – 4 years) No Parent Participation**

Children may or may not have prior swimming experience. Instructors work with each child to increase their comfort level in the water. We introduce the Front Crawl and Elementary Backstroke.

#### **Level 1**

Students who have passed Swim Tots or have little swimming ability, but are comfortable in the water. Comfort and confidence are emphasized. Front Crawl and Backstroke are introduced.

#### **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.

#### **Level 3**

Students who have passed Level 2 or are able to float on their back and swim Front Crawl with rotary breathing and Backstroke 25 yards. We introduce Breaststroke, Flip Turns, Speed Turns, and Sidestroke. We focus on endurance and technique in this level.

#### **Level 4**

Students who have passed Level 3 or are able to swim 50 yards Front Crawl with rotary breathing, 50 yards Backstroke, 25 yards Breaststroke, 15 yards Sidestroke and tread water for 1 minute. We also review Flip Turns, Speed Turns, and Starts. We introduce the Butterfly in this level.

#### **Level 5 & 6**

Students who have passed Level 4 or are able to swim 100 yards Front Crawl and Backstroke with Flip Turns, 25 yards Breaststroke and Butterfly with Speed Turns.

#### **Pre-Team (7 Years and Up)**

Swimmers must be able to swim 100 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 level is a transitional class for children who have level 1 or 2 skill but are too old for those levels. Emphasis is on getting participants ready for level 3 or 4. Once a child is ready, they will transition **immediately**.

#### **Adult Lessons**

**Beginner** classes are designed to teach the basics of swimming. Participants may or may not have prior swimming experience. Classes concentrate on Front Crawl, Backstroke, and overcoming fears of the water. This is for those who cannot swim 25 yards unassisted.

**Intermediate** classes are designed for adults who have prior swimming experience. We focus on refining the Front Crawl and Backstroke. We introduce Breaststroke & Butterfly. Swimmers **must** be able to swim 25 yards unassisted. **This is not a workout/competitive class**