

Spring 2011 ADULT SWIM LESSONS



Adult BEGINNER

6 weeks: May 11 – June 15 Wednesdays 6:00 – 6:30 pm
April 5 – May 10 Tuesdays 10:00 – 10:30 am
Members: \$65 Public: \$110

For those who are comfortable in the water, but do not know how to swim. Basic swimming skills will be taught including breathing techniques, floating, treading water and the fundamentals of the front crawl stroke and a basic backstroke.

Class is kept small for individual attention.

Adult ADVANCED BEGINNER

6 weeks: May 11 – June 15 Wednesdays 6:30 – 7:00 pm
April 5 – May 10 Tuesdays 10:30 – 11:00 am
Members: \$65 Public: \$110

For those who have already taken the Beginner class or those who have a basic knowledge of swimming, are comfortable in the water and are ready to develop their front crawl as well as work on endurance.

Class size is kept small for individual attention.

Adult THREE STROKE CLINIC

3 weeks : Session 1: May 11– May 25
Wednesdays 7:00 – 8:00 pm
Members: \$65 Public: \$110

For those that know some basics swimming strokes and want to improve their technique, gain speed, increase endurance, and vary their workout with 3 different strokes. Each week will focus on one stroke: Week one (Front Crawl), week two (Backstroke) and week three (Breaststroke).

Each class is one full hour.

Limited Space

Bring goggles to all classes. Bathing caps are optional

For any additional information call 978-537-8387 x500
or ssauta@orchardhillsathleticclub.com

Register NOW at Front Desk

Payment is due at time of Registration

Private lessons are also available for adults. Call or email for details.