

Fall 2010 ADULT SWIM LESSONS



Adult BEGINNER

6 weeks: October 13 – November 17

Wednesdays 6:00 – 6:30 pm

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: October 13 – November 17

Wednesdays 6:30 – 7:00 pm

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 : October 13 – 27

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. October 13 (Front Crawl), October 20 (Backstroke) and October 27 (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