

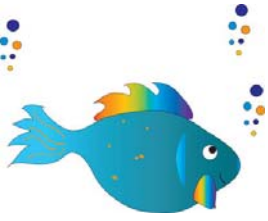
2011 ORCHARD HILLS SUMMER SWIM PROGRAMS

All Classes are held at the **OUTDOOR POOL**
(if weather does not permit we will use the indoor pool)

Group Lessons

Group Lesson Rates : **Members** - \$80 per session
Public - \$130 per session

Two options to choose from ~ **Daily or Weekly**
(class descriptions and daily class schedule on back)



Daily

All classes run daily Monday - Thursday
for 2 weeks (8 classes per session)

- Session 1** June 27 - July 7 (no class July 4)
- Session 2** July 11 - July 21
- Session 3** July 25 - Aug 4
- Session 4** Aug 8 - Aug 18

Weekly

Classes run once a week for 8 weeks
Mondays only: June 27 - August 15
(no classes on Monday July 4 - make up class will be held on Tuesday July 5)

- Mini Minnows** ~ 4:45 - 5:15 pm
- Guppy Gills** ~ 5:15 - 5:45 pm
- Beginner 1 & 2** ~ 5:45 - 6:15 pm

Swim Club - New!

for ages 7 & up

Orchard Hills Swim Club will provide an opportunity where swimmers can develop their competitive skills in a fun, encouraging environment amongst their peers. We will compete against each other (not against other clubs or teams). This is not a swim lesson. Children must be in Orchard Hills Level 3 or above and know front crawl, back crawl and basic breast stroke. Students with long hair must wear swim caps and everyone must bring their own goggles.

Two options to choose from ~ *daytime or evening:*

Weekly - Daytime

Two Sessions options

Session 1: June 28 - July 21
Session 2: July 26 - August 18
Tues and Thurs. 1:00 - 2:00 pm
(2 days per week)

Weekly - Evening

One Session

June 30 - August 18
Thursdays 5:00 - 6:00 pm
(one day per week)



Swim Club Fees

Members: \$105 per session
Public: \$155 per session

PRIVATE LESSONS

*Private Lessons are also available and can be arranged for weekday afternoons,
Saturday or Sunday mornings with our certified experienced instructors*

Private Lessons Rates

Member Public
\$34 ½ hr. \$40 ½ hr.

Semi-Private Lessons

Member Public
\$24 ea. ½ hr. \$28 ea. ½ hr.

For additional information ~ Contact Sandy at 978-537-8387 ext. 500 or email ssauta@orchardhillsathleticclub.com All registration for group lessons and programs is done through the **front desk**. Payment is due upon registration. No refunds after week one of lessons.

Registration for all summer programs begins May 7

Class Descriptions and *daily* class schedule

*Weekly schedule on front page



Little Nemos

Ages 6 months – 3 years

Monday - Thursday

12:15 – 12:45 pm (Session 2 and 3 only)

Little Nemos is a parent and child class. It's a great way to get your child comfortable and learn some basic water skills through play, song and socialization with other children.

Mini Minnows

Ages 3 – 5 years

Monday – Thursday

10:30 – 11:00 am

Mini Minnows is a class for children who are just starting to learn to swim on their own. Your child will use a flotation device while in this class which we provide. Basic skills will be taught including wall walking, reaching, kicking, doggie paddle and floating on front and back.

Guppy Gills

Ages 4 – 6 years

Monday – Thursday

10:00 – 10:30 am

Guppy Gills is an advanced level class for young children who are building confidence and ready to start swimming on their own without any flotation device. They will learn structure, kicking and breathing.

Beginner 1 & 2

Ages 5 + years

Monday – Thursday

9:30 – 10:00 am

This is for any child who is comfortable in the water and is ready to start developing strokes. Skills taught will include basics of front crawl and back crawl, underwater swimming, front and back recovery and more.

Intermediate 3 & 4

Ages 6 + years

Monday – Thursday

9:00 – 9:30 am

Prerequisite: *Children enrolled in this class must be able to do one full length of the pool of the front crawl stroke.*

Skills taught in Intermediate classes include the back crawl, elementary backstroke, and breast stroke as well as treading water and survival skills. Building up endurance is also a prime component of this class.

Advanced 5 & 6

Ages 7 + years

Monday – Thursday

8:30 – 9:00 am

Prerequisite: *Children must be able to do at least one length of front crawl and one length of back crawl and able to perform the basics of the breast stroke.* Advanced 5 & 6 classes are for those who wish to perfect all their stroke techniques as well as work on endurance. Children will also learn butterfly, sidestroke, flip turns and more. Great for those that really love swimming and want to work hard.

Lifeguard Readiness

Ages 11 – 15 yrs.

Monday - Thursday

8:30 – 9:00 am (Session 2 and 3 only)

Prerequisite: *Children must have passed level 6 or equivalent to enroll in this course.*

Over eight lessons we will help fine-tune your child's strokes, build endurance, and teach basic water safety skills and first aid. The skills learned in this class will prepare your child for any lifeguard course, or simply make them more aware of potential dangers and safety techniques.