

AQUATICS

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

	Sunday		Saturday
9:00	Water Babies		
	Preschool 1		
	Preschool 2	8:00	Water Babies
9:35	Preschool 1		Preschool 1
	Preschool 2	8:35	Preschool 1
	Beginner		Preschool 2
10:10	Preschool 1		Water Babies
	Preschool 2	9:10	Preschool 1
	Youth Beginner		Preschool 2
10:45	Preschool 2		Preschool 1
	Adv. Beginner	9:45	Beginner
	Beginner		Preschool 2
11:20	Preschool 1		Adv. Beginner
	Beginner	10:20	Beginner
	Water Babies		Water Babies
		10:55	Preschool 1
1:00	Preschool 2		Beginner
	Adv. Beginner		Preschool 1
1:35	Preschool 1	11:30	Preschool 2
	Beginner		Preschool 2
		12:05	Adv. Beginner
3:55	Youth Beginner		
	Beginner		Adult Beginner
4:30	Adv. Beginner	3:00	Preschool 2
	Intermediate		Beginner
5:05	Preschool 1	3:35	Tots
	Preschool 2		Preschool 2
		4:10	



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 1: Sept 8 - Nov 9

SESSION 2: Nov 10 - Feb 1
 Breaks: Nov. 24 - 30, 2019 • Dec. 22, 2019 - Jan. 4, 2020

SESSION 3: Feb 2 - Apr 11
 Break: Feb. 16 - 22, 2020

SESSION 4: Apr 12 - Jun 20
 Break: Apr 19 - 25, 2020

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*

(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*

Students who have passed Preschool 1 or have little swimming ability, but are comfortable in the water. Comfort and confidence are emphasized. We work on Front Crawl, Elementary Backstroke, floating and dives in this level.

Beginner*

Students who have passed Preschool 2 or are able to swim 20 feet Front Crawl and Elementary Backstroke unassisted. We emphasize endurance while still teaching technique in this level.

Advanced Beginner *

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

Intermediate *

Students who have passed Advanced Beginner or are able to swim 25 yards Front Crawl with rotary breathing, 50 yards Backstroke, and 25 yards Breaststroke. We review the basics of all competitive strokes as well as 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 appropriate 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!**