

# SUMMER SWIM LESSONS

Sponsored by the Northampton KIDS Swim Club

**WHEN: WEEKLY STARTING JUNE 10 – JULY 18, 2024**

**WHERE: NORTHAMPTON MIDDLE SCHOOL POOL**



**Weekly Swim Lessons** are a package of five classes once a week. **Full Week Lessons** are a package of four lessons, all in one week. 30-minute classes are being offered at various times between 11am-1pm Monday-Thursday.

Visit our website for more details

## NOW OFFERING

Weekly Lessons \$90

Once a week for 5 weeks

Full Week Lessons \$72

Attend lessons Monday through Thursday for 1 week

NO LESSONS the week of 7/1

Does your child need to learn to swim? We are offering swim lessons to children of all ages and abilities. Each class will go over the correct techniques and water safety rules while providing a positive learning environment that will promote self-confidence to enjoy all water activities.

Sessions are being offered this summer for various levels of swim readiness:

CLASSES	PREREQUISITE	SKILLS TO BE TAUGHT
Level 1 – WATER ADJUSTMENT	<ul style="list-style-type: none"> <li>Swimmer must be potty trained</li> <li>Swimmer must bring their own goggles (NO nose goggles)</li> <li>Swimmer must wear a swimsuit</li> </ul>	<ul style="list-style-type: none"> <li>Floating (front &amp; back)</li> <li>Blowing bubbles</li> <li>Jumping in with assistance</li> <li>Kicking/starting big arms</li> </ul>
Level 2 - BEGINNER	<ul style="list-style-type: none"> <li>Swimmer can already blow bubbles out of their nose and is comfortable getting their face wet</li> <li>Swimmer must bring their own goggles (NO nose goggles)</li> <li>Swimmer must wear a swimsuit</li> </ul>	<ul style="list-style-type: none"> <li>Freestyle</li> <li>Backstroke</li> <li>Jumping in without assistance</li> <li>Treading water basics</li> </ul>
Level 3 - INTERMEDIATE	<ul style="list-style-type: none"> <li>Swimmer can tread water</li> <li>Swimmer can swim 1 lap of the pool</li> <li>Swimmer must bring their own goggles (NO nose goggles)</li> <li>Swimmer must wear a swimsuit</li> </ul>	<ul style="list-style-type: none"> <li>Freestyle</li> <li>Backstroke</li> <li>Kneeling &amp; sitting diving</li> <li>Treading water</li> </ul>
Level 4 - ADVANCED	<ul style="list-style-type: none"> <li>Swimmer must be able to do one length of freestyle and backstroke</li> <li>Swimmer must be able to tread water for 30 seconds</li> <li>Swimmer must wear a swimsuit</li> </ul>	<ul style="list-style-type: none"> <li>Freestyle</li> <li>Breaststroke</li> <li>Butterfly</li> <li>Backstroke</li> <li>Standing dives</li> </ul>
<b>PRIVATE SWIM LESSONS</b>		<b>SEMI-PRIVATE SWIM LESSONS</b>
Works on individual skills of each child one on one Weekly - \$180 Full Week - \$144		<ul style="list-style-type: none"> <li>Split a lesson and work on individual skills with 2 swimmers at the same time</li> <li>Need to be at the similar ability level</li> </ul> BY REQUEST ONLY

Registration is open until June 7<sup>th</sup> or until spots are full

Visit our website to register at [www.Northamptonswim.com](http://www.Northamptonswim.com)

QUESTIONS: Email [NorthamptonSBC@gmail.com](mailto:NorthamptonSBC@gmail.com)

The Northampton Area School District does not sponsor or sanction this program.

