

SWIM LESSONS



Our swim program is designed to be safe in a encouraging environment with our professional Red Cross & CPR certified aquatic instructors.

Whether you are new to swimming or just want to improve your swimming techniques, we have a variety of program levels for all ages & abilities.

- 6 FUN LEVELS
- RED CROSS CERTIFIED INTRUCTORS
- SMALL GROUP PERSONALIZED CLASSES
- CERTIFICATES AWARDED
- PRIVATE, SEMI-PRIVATE & ADULT CLASSES

50 Ferncroft Road, Danvers, MA, 01923
978-777-4813 - Within Crowne Plaza Hotel
ATLANTIS sportsclubs.com

Lesson Rates:

8 WEEK GROUP CLASSES:

Member: \$133 (\$16)
Non-Member: \$155 (\$19)

PRIVATE LESSONS:

Lessons are 30 minutes and sold in packages of 5, 10, 15:

5

Member: \$180 (\$36)
Non-Member: \$195 (\$39)

10

Member: \$290 (\$29)
Non-Member: \$310 (\$31)

15

Member: \$375 (\$25)
Non-Member: \$395 (\$26)

- Semi- Private: Add \$15 per child per lesson

Levels:

- WATER BABIES
- PRESCHOOL
- BEGINNER
- INTERMEDIATE
- ADVANCED
- SWIM STRENGTH

Certificates Awarded for Each Level Completed!

Limited Class Sizes, Sign Up Today!



Lesson Schedule:

8 WEEK GROUP CLASSES:

March 27th - May 19th

SUNDAY: 11am - 1:30pm

Water Babies: 11:00am-11:30am

Preschool: 11:30am-12:00pm

Beginner: 12:00pm-12:30pm

Intermediate: 12:30pm-1:00pm

Advanced: 1:00pm-1:30pm

TUESDAY: 3:30pm - 6:00pm

Water Babies: 3:30pm-4:00pm

Preschool: 4:00pm-4:30pm

Beginner: 4:30pm-5:00pm

Intermediate: 5:00pm-5:30pm

Advanced: 5:30pm-6:00pm

THURSDAY: 3:30pm - 6:00pm

Preschool: 3:30pm-4:00pm

Beginner: 4:00pm-4:30pm

Intermediate: 4:30pm-5:00pm

Advanced: 5:00pm-5:30pm

Swim Strength: 5:30pm-6:00pm

- **PRIVATE & SEMI-PRIVATE** Lessons are scheduled to start after Group Sessions are over.
- Sundays (1:30pm-3pm) Tuesday (6-7:30pm) & Thursday (6-7:30om)

* MAXIMUM OF 5 PER CLASS

Sign up is available until the class is full or until the first class has started. All program sales are final. There are no refunds and credit is not given for missed classes. One excused make-up per session is permitted. It is required to be scheduled within one week of the missed class. Once a makeup is scheduled it may not be rescheduled. More than one make-up requires a doctors note. No one can be added or switched to another instructor once the class has begun. All classes will be held as scheduled unless they are cancelled by the instructor. Any cancelled classes are held the week after the class on the same day as the regularly scheduled class, unless you are notified otherwise by our staff.

Water Babies:

Ages: 8 months-36 months

Goal: To have fun in a safe environment

Parents will be assisted in introducing their children to the water with a variety of songs & games that will develop their water skills, keep their attention, & create a positive association with the water.

- How to Enter a Pool Safely
- Blowing Bubbles
- Putting their Face in the Water
- Kicking Feet & Splashing Hands
- Jumping to a Parent from the Pool Deck

Preschool:

Ages: 3-5

Goal: Start the basics of Swimming while focusing on water safety

At this level children may be apprehensive about leaving a parent or entering the water. This class will focus on making the water a safe & fun environment for children while also giving them the very basics of swimming and water safety.

- Being Comfortable in Water & Away from Parents
- Beginning Stages of Doggy Paddle
- Introduction to Front & Back Float
- Water games that develop safety skills



Beginner:

Ages: 4-8

Goal: Children to be comfortable with basic swim strokes & ability to swim on their own

This class is largely focused on beginning strokes and safety lessons. Basics such as the "Doggy Paddle" are reinforced at every lesson as well as the beginning stages of the backstroke. The children will learn to swim on their own in order to graduate from this level.

- Continuing Lessons in Treading Water
- Reinforcing Doggy Paddle Basics
- Practice Back & Front Floats
- Introduction to Swimming Underwater
- Swim by Themselves to the Next Level

Intermediate:

*No Age Required. Based on Skill.

Goal: Gain Independence while swimming & continue building confidence in the water.

At this point, children have learned the fundamental techniques. Students will learn to perfect their crawl stroke and gain independence while swimming the back stroke. There is more focus on swimming in the deep end of the pool in order to strengthen their swimming strokes and build confidence. After building more endurance they will participate in relay races & swimming drills.

- Perfect Doggy Paddle Basics
- Intro to Proper Breathing Techniques
- Strengthen Swimming Techniques & Build Confidence
- Introduce new kicks, breast & side strokes

- Perfect & Refine the Crawl Stroke
- Introduce new kicks, breast & side strokes
- Conduct more deep end exercises
- Participate in Relay Races & Swimming Drills

Advanced:

*No Age Required. Based on Skill.

Goal: Learn advanced stroke techniques while perfecting those learned in prior classes

Once students have reached the Advanced they will be ready to complete all the basic strokes. Students will work to perfect their crawl, back, breast, side and elementary back stroke as well as practice the butterfly stroke. The level will focus on endurance and will be able to complete laps on their own.

- Perfect basic strokes & learn how to do flip turns.
- Introduction to basic rescue & emergency situations
- Learn & Practice the Butterfly Stroke
- Participate in Swim Drills & Advanced Water Games

Swim Strength:

*No Age Required. Based on Skill.

Note: Taught by High School Swim Coaches

This class is targeted towards advanced swimmers only that have mastered all of the basics. Here students will learn how to build strength and endurance in the water, while also getting a taste of competitive swimming.

LIMITED CLASS SIZES, SIGN UP TODAY!

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