

SWIM LESSONS

At The Shrewsbury Club, we believe swimming is an essential skill for everybody to learn, kids and adults alike. We offer both adult and youth swim lessons during the Spring/Summer in our heated outdoor pool, in 1-week and single day 4-week sessions.

PARENT CHILD

Ages 6 months - 3 years

This class builds swimming readiness by emphasizing fun in the water. Parents and children participate in several guided sessions to help children learn elementary skills which include water entry, bubble blowing, kicking, floating, underwater exploration and more.

LEVEL 1

Ages 3-5 and Ages 5+

Level 1 is designed for the very beginner, just learning how to swim. This class will focus on pool safety, acclimation to the water, and basic arm/leg movements. No prior experience is required.

LEVEL 2

Ages 3-5 and Ages 5+

Level 2 is designed for swimmers who are just starting to swim on their own, but may still require some assistance. This class focuses on strengthening swimming ability and introducing the movements/breathing for basic strokes.

LEVEL 3

Ages 5+

Level 3 focuses on refining stroke technique and building endurance. Swimmers in this group must be able to swim on their own without assistance and have a basic understanding of front crawl, back crawl, elementary back stroke and breast stroke.

LEVEL 4

Ages 5+

Level 4 focuses on further stroke refinement and endurance. Swimmers in this group should have a strong understanding of the movements and breathing for front crawl, back crawl, elementary back stroke, breast stroke and side stroke.

ADULT

Ages 18+

At The Shrewsbury Club, we believe it's never too late in life to learn how to swim. This class is designed to teach anyone over the age of 18 the basics of front crawl, back crawl, elementary back stroke, and breast stroke. No prior experience is required.

PRIVATE SWIM LESSONS

Private lessons allow for more individualized instruction, focusing on the areas and strokes you or your child need to work on the most. Private and semi-private lessons may be scheduled with our Aquatics Director by calling (774) 214-3021

| | MEMBERS | NON-MEMBERS |
|----------------|----------|-------------|
| Private | \$40.00 | \$60.00 |
| 5 Pack Private | \$175.00 | \$275.00 |
| Semi-Private | \$30.00 | \$45.00 |
| 5 Pack Semi | \$137.50 | \$212.50 |

CONTACT US

3 Tennis Drive
Shrewsbury MA, 01545

Phone: (508) 845-1000
Email: aquatics@shrewsburyclub.com
Web: www.shrewsburyclub.com

Business Hours:
Monday - Friday: 5:45am - 10:00pm
Saturday - Sunday: 7:00am - 6:00pm

Pool Hours:
Monday - Friday: 12:00pm - 7:00pm*
Saturday & Sunday: 12:00pm - 5:30pm

**Weekday hours begin June 25, 2018*

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THE SHREWSBURY CLUB

Tennis - Fitness - Athletics



AQUATICS PROGRAMS

SPRING & SUMMER 2018

3 Tennis Drive, Shrewsbury, MA 01545
(774) 214-3021 | ShrewsburyClub.com
aquatics@ShrewsburyClub.com

PROGRAM REGISTRATION

Name: _____

Member? Y / N

Birth Date: ___/___/___

Address: _____

Phone: (____) _____ - _____

Email: _____@_____

Programs

- Level 1 Level 4
 Level 2 Parent Child
 Level 3 Adult

Session/Dates: _____

Registration is not confirmed until payment is received.

Waiver: In connection with the participation in The Shrewsbury Club Aquatics Programs and Clinics, I hereby certify my child is in good health and able to participate in the program/activity registered for herein. I further certify I will attach any statement explaining any special limitations and/or medical conditions; including allergies, asthma, etc.; for which the staff at The Shrewsbury Club be mindful. I shall indemnify and hold harmless The Shrewsbury Club LLC from any damages, suits, claims and actions arising from or in connection with an personal injury or property damage my child may sustain from the participation in any program/clinics.

Make Up Policy: We will make every effort to provide make ups for any programs which are cancelled during a session. Generally, makes ups will be scheduled at or near the end of a session or specifically during a school vacation week. There will be no refunds given if you fail to attend or are unable to attend a scheduled make up.

Additionally: ONLY CLASSES CANCELLED BY THE CLUB will potentially have make ups. Make ups will not be provided when a session is missed because of illness or a conflicting schedule.

Signature: _____

Date: ___/___/___

LEVEL 1

Members \$80.00 | Non-Members \$132.00

| 4 WEEK SESSIONS | |
|---------------------------------|--|
| JUN 25 - AUG 30 | |
| Ages 3-5 | |
| Monday Wednesday Saturday | 2:30-3:00p 2:30-3:00p 10:00-10:30a |
| Ages 5+ | |
| Tuesday Thursday Saturday | 2:45-3:15p 2:45-3:15p 10:30-11:00a |

| 4 DAY (1 WEEK) SESSIONS | |
|-------------------------|--------------|
| JUN 25 - AUG 30 | |
| Ages 3 - 5 | |
| Mon-Thur | 10:30-11:00a |
| Ages 5+ | |
| Mon-Thur | 10:00-10:30a |

LEVEL 2

Members \$80.00 | Non-Members \$132.00

| 4 WEEK SESSIONS | |
|---------------------------------|--|
| JUN 25 - AUG 30 | |
| Ages 3-5 | |
| Monday Wednesday Saturday | 2:30-3:00p 2:30-3:00p 10:00-10:30a |
| Ages 5+ | |
| Tuesday Thursday Saturday | 2:45-3:15p 2:45-3:15p 10:30-11:00a |

| 4 DAY (1 WEEK) SESSIONS | |
|-------------------------|--------------|
| JUN 25 - AUG 30 | |
| Ages 3 - 5 | |
| Mon-Thur | 10:30-11:00a |
| Ages 5+ | |
| Mon-Thur | 10:00-10:30a |

LEVEL 3 & LEVEL 4

Members \$120.00 | Non-Members \$172.00

| 4 WEEK SESSIONS | |
|---------------------------------|--|
| JUN 25 - AUG 30 | |
| Tuesday Thursday Saturday | 2:00-2:45p 2:00-2:45p 11:00-11:45a |
| 4 DAY (1 WEEK) SESSIONS | |
| JUN 25 - AUG 30 | |
| Mon-Thur | 9:15-10:00a |

PARENT CHILD

Members \$80.00 | Non-Members \$132.00

| 4 WEEK SESSIONS | |
|---------------------|--------------------------|
| JUN 25 - AUG 30 | |
| Monday Wednesday | 2:00-2:30p 2:00-2:30p |

ADULT

Members \$120.00 | Non-Members \$172.00

| 4 WEEK SESSIONS | |
|-----------------|-------------|
| JUN 25 - AUG 30 | |
| Saturday | 9:15-10:00a |

2018 SESSION DATES

Dates and classes are subject to change

| 4 WEEK SESSIONS | 1 WEEK SESSIONS |
|---|---|
| June 25 - July 29* July 30 - August 26 | June 25 - June 28 July 2 - July 5* July 9 July 12 July 16 - July 19 July 23 - July 26 July 30 - August 2 August 6 - August 9 August 13 - August 16 August 20 - August 23 August 27 - August 30 |

* No 4 Week Sessions will run during the week of July 4; Single Week Session during week of July 4 will consist of only 3 days with no class on July 4.