

## Private Lessons

Per instructor's approval. Designed for a learner who has circumstances where they would need one on one teaching.

A singular lesson lasts 30 minutes.

Available for purchase by the lesson, or in packages of 6.

## Semi-Private Lessons

Per instructor's approval. Designed for two learners of similar ability.

A singular lesson lasts 30 minutes.

Available for purchase by the lesson, or in packages of 6.

Packages	Member	Non-member
Private lesson	\$38	\$53
6-Pack	\$205	\$395
Semi - Private Lesson	\$32	\$47
6-Pack	\$171	\$261



Contact the Aquatics Director

*Julia Grace Ducharme*

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# Aquatics 2023



## Pool Hours

Monday - Friday 9:00 a.m. - 6:00 p.m.  
Saturday & Sunday 10:00 a.m. - 5:00 p.m.

\*subject to change

**THE SHREWSBURY CLUB**  
Tennis - Fitness - Athletics  
3 TENNIS DRIVE, SHREWSBURY, MA. 01545.  
TEL: 508 - 845 - 1000. [WWW.SHREWSBURYCLUB.COM](http://WWW.SHREWSBURYCLUB.COM)



**Session 1 - May 14th (2 weeks)**  
**Session 2 - June 4th (4 weeks)**  
**Session 3 - July 2nd (4 weeks)**  
**Session 4 - July 30th (4 weeks)**

## Parent-Child

**Member/ \$142**  
**Non - Mem/ \$148**

Accompanied by a parent or guardian, infants & toddlers learn to be comfortable in the water. Develop swim readiness skills through fun & confidence-building experiences. Parents learn water safety, & importance of supervision.

Day	Time (30 min)
Tuesday	4:00 p.m.
Thursday	4:00 p.m.

## Level 1-

**Member/ \$142**  
**Non - Mem/ \$148**

Day	Time (30 min)
Monday	4:00 p.m.
Tuesday	4:30 p.m.
Wednesday	4:00 p.m.
Thursday	4:30 p.m.
Saturday	10:00 am

Introduction to water skills, emphasizing comfort & safety. Swimmers will learn how to stay safe in the water & the basics of swimming. No prerequisite required; cannot do anything unsupported.

## Level 2 -

**Member/ \$142**  
**Non - Mem/ \$148**

Day	Time (30 min)
Monday	4:30 p.m.
Wednesday	4:30 p.m.
Saturday	10:30 a.m.

Become successful with basic fundamental water skills. This would include things like back floats, jellyfish floats, treading water, front & back crawl. Swimmers will also continue practice entering the water from the side.

## Level 3 -

**Member/ \$142**  
**Non - Mem/ \$152**

Day	Time (45 min)
Tuesday	5:00 p.m.
Saturday	11:00 a.m.

Build on skills from Level 2 & develop strokes through additional guided practice in deeper water. Swimmers should already be comfortable swimming the front stroke & swimming on their back.

\*Prerequisites - can swim on front & back unsupported for at least 15 feet with alternating arm action & continuous kicking; can float & glide unsupported.

## Level 4 -

**Member/ \$142**  
**Non - Mem/ \$152**

Day	Time (45 min)
Thursday	5:00 p.m.
Saturday	12:00 p.m.

Stroke refinement course, swimmers will develop confidence and proficiency in the front-crawl, back-crawl, elementary back-stroke, side-stroke & breast stroke. Swimmers will also work to perfect feet first diving and head first entry from the side. Registration requires approval.

## Adult -

**Member/ \$142**  
**Non - Mem/ \$152**

Day	Time (45 min)
Saturday	9:00 a.m.

Introduction to water skills, emphasizing comfort & safety. Swimmers will learn how to stay safe in the water & the basics of swimming. No prerequisite required; cannot do anything unsupported.

**More Information**  
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