

Session Dates

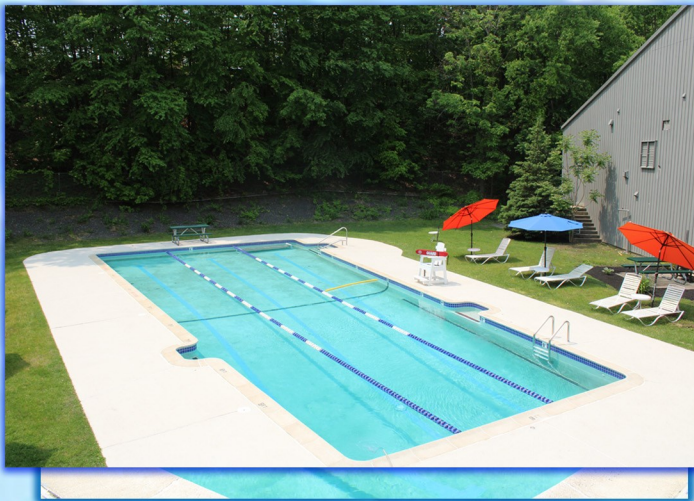
8 Week Session May 26th - July 27th

6 Week Sessions May 26th - July 13th
July 14th - August 24th

4 Week Session July 14th - August 24th
(END OF SEASON)

NO CLASSES WEEK OF JULY 4TH

All Levels	Member	Non-member
4 Week	\$112	\$152
6 Week	\$168	\$228
8 Week	\$224	\$304



Contact the Aquatics Director

Julia Grace Ducharme

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Phone: (774) 214 - 3034

Aquatics 2024



Pool Hours

Monday - Thursday 1:00pm - 7:00pm

Friday CLOSED

Sat & Sun 11:00am - 5:00pm

* Subject to change



THE SHREWSBURY CLUB
Tennis - Fitness - Athletics
3 TENNIS DRIVE, SHREWSBURY, MA. 01545.
TEL: 508 - 845 - 1000. WWW.SHREWSBURYCLUB.COM

Parent Child

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

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.

Level 1

Day	Time (30 min)
Monday	4:30 p.m.
Tuesday	4:00 p.m. OR 5:30 p.m.
Wednesday	4:30 p.m.
Thursday	4:00 p.m. OR 5:30 p.m.
Saturday	10:00 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.

Level 2

Day	Time (30 min)
Monday	5:00 p.m.
Wednesday	5:00 p.m.
Saturday	11:00 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.

Private Lessons

Per instructor's availability. Designed for a learner who has circumstances where they would need one on one teaching. A singular lesson lasts 30 minutes.

Packages	Member	Non-member
Private lesson	\$42	\$57
6-Pack	\$240	\$330

Level 3

Day	Time (30 min)
Tuesday	4:30 p.m.
Thursday	4:30 p.m.
Saturday	11:30 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

Day	Time (30 min)
Tuesday	5:00 p.m.
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

Day	Time (30 min)
Monday	5:30 p.m.
Wednesday	5:30 p.m.
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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