

LEVEL 4

| 1 X per week, Day | Time (30min) |
|-------------------|--------------|
| Saturday | 12pm |

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

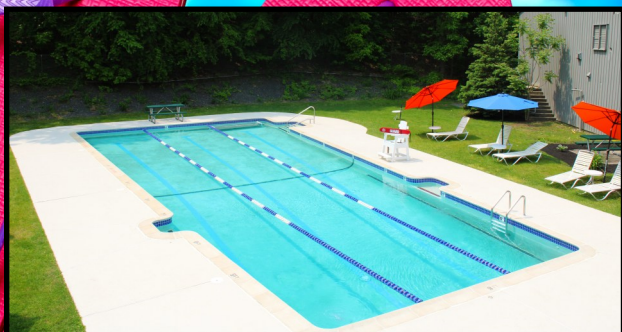
ADULT

| 1 X per week, Day | Time (30min) |
|-------------------|--------------|
| Saturday | 9am |

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. Age 17+

PRIVATE LESSONS 30MIN

| Packages | Member | Non Member |
|----------|--------|------------|
| 1 | \$42 | \$49 |
| 6-Pack | \$240 | \$282 |



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AQUATICS 2025



POOL HOURS

Monday-Thursday 1pm-7pm
 Friday 12pm-5pm
 Sat & Sun 11am-4pm

*Subject to change

S THE SHREWSBURY CLUB
 3 Tennis Drive, Shrewsbury, MA, 01545
 Tel: 508-845-1000 www.shrewsburyclub.com

SESSION DATES

| | |
|-------------------------|-------------------------|
| 6 Week Session 1 | June 1-July 19 * |
| 6 Week Session 2 | July 20-Aug 30 |
| 4 Week Session | July 27-Aug 24 |

No Class Week of June 30 - July 5th

| All Levels | Member | Non Member |
|------------|--------|------------|
| 6 Week | \$186 | \$258 |
| 4 week | \$124 | \$172 |

PARENT CHILD

| 1 X per week, Day | Time (30min) |
|-------------------|--------------|
| Monday | 5pm |
| Tuesday | 4pm |
| Wednesday | 5pm |
| Saturday | 10am |

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, & the importance of supervision. Ages 6mo-4yrs

LEVEL 1

| 1 X per week, Day | Time (30min) |
|-------------------|-----------------|
| Monday | 5:30pm & 6:30pm |
| Tuesday | 4:30pm & 6pm |
| Wednesday | 5:30pm & 6:30pm |
| Thursday | 4:30pm & 6pm |
| Saturday | 10:30am |

LEVEL 1 DESCRIPTION

Introduction to water skills, emphasizing comfort & safety. Swimmers will learn the basics of how to stay safe in the water & the basics of swimming. No prerequisite required; cannot do anything unsupported. Age 4+

LEVEL 2

| 1 X per week, Day | Time (30min) |
|-------------------|--------------|
| Monday | 6pm |
| Tuesday | 5pm |
| Wednesday | 6pm |
| Thursday | 5pm |
| Saturday | 11am |

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 to practice entering the water from the side. Age 5+

LEVEL 3

| 1 X per week, Day | Time (30min) |
|-------------------|--------------|
| Tuesday | 5:30pm |
| Thursday | 5:30pm |
| Saturday | 11:30am |

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.

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

FOR MORE INFORMATION CALL OR VISIT OUR WEB SITE

