

ADVANCED SWIM 8+

Stroke refinement registration requires instructor approval

1 X per week, Day	Time (30min)
Monday	6pm
Wednesday	4:30pm

Advanced Red Cross Swim Class is perfect for confident swimmers who are ready to take their skills to the next level. Using Red Cross standards, swimmers focus on refining strokes, building endurance, and practicing important water safety and survival skills. Students will work on all four competitive strokes, improve breathing and turns, practice treading water, and learn deep-water safety techniques. This class helps swimmers gain strength, confidence, and efficiency while continuing to enjoy swimming in a fun, recreational setting

TEEN/ADULT 13+ Beginner-Advanced

1 X per week, Day	Time (30min)
Tuesday	6pm
Thursday	5pm
Saturday	9am

This flexible program accommodates beginner through advanced swimmers. Participants may work on water comfort, stroke fundamentals, or stroke refinement depending on skill level. Classes may include technique drills, stroke clinics, fitness swimming, and endurance training. Optional open-water preparation can be incorporated for those interested. This program is ideal for swimmers seeking confidence, skill improvement, or fitness in a supportive, judgment-free environment

PRIVATE 1 ON 1 LESSONS 30MIN

Packages	Member	Non Member
1	\$49	\$57
6-Pack	\$282	\$330

Aquatics Department
 Email: Aquatics@ShrewsburyClub.com
 Phone: 774-214-3034

SWIM LESSONS 2026



POOL HOURS

Tues May 26-Sun June 21	Mon June 22-Mon Sept 7
Monday-Thursday 1pm-7pm	Monday-Thursday 10am-7pm
Friday 12pm-5pm	Friday 12pm-5pm
Saturday & Sunday 11am-4pm	Saturday & Sunday 11am-4pm

**Subject to Change & Weather Permitting*

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

GROUP LESSON SESSION DATES

4 Week Session 1	June 1-June 27
4 Week Session 2	July 6-Aug 1
4 Week Session 3	Aug 3-Aug 29

No Class Week of June 29 - July 4th

All Levels	Member	Non Member
4 week	\$136	\$186

PARENT CHILD 6M-4Y

1 X per week, Day	Time (30min)
Monday	12pm
Tuesday	11:30am
Wednesday	5:30pm
Thursday	4pm
Saturday	9:30am

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

FOUNDATIONS SWIM 5-7 Req Assistance

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

This beginner-level class focuses on building essential swim skills and water safety in a structured, supportive environment. Swimmers learn front and back floating, gliding, basic kicking, and introductory freestyle and backstroke movements. Instructors emphasize proper body position, breathing awareness, and safe pool behavior. This level builds confidence, independence, and readiness for more advanced stroke development

FOUNDATIONS SWIM 8+ Req Assistance

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

Designed for older beginners, this class introduces fundamental swimming skills while respecting the learning pace of older children. Swimmers focus on water safety basics, floating, gliding, and coordinated kicking, with an introduction to freestyle and backstroke. Instruction emphasizes comfort in deeper water, safe swimming habits, and confidence-building in a respectful, age-appropriate setting

INTER SWIM 6+ DEVELOP

Strokes in Deep Water Unassisted

1 X per week, Day	Time (30min)
Monday	5pm
Tuesday	4:30pm
Wednesday	4pm
Thursday	5:30pm
Saturday	11am

This level is for swimmers who can float independently and swim short distances. Swimmers work on refining freestyle and backstroke techniques, learning breaststroke kick, and improving coordination and endurance. Simple dives, treading water, and increased lap swimming are introduced as appropriate. Classes focus on stroke efficiency, breathing control, and building stamina while reinforcing water safety skills.

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



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