

SUMMER SWIM LESSONS

Sponsored by the Northampton KIDS Swim Club

WHEN: WEEKLY STARTING JUNE 19 – JULY 18, 2023

WHERE: NORTHAMPTON MIDDLE SCHOOL POOL



Swim lessons are a package of 4 30-minute sessions being offered **mornings** once a week at various times Monday-Thursday.

Visit our website for times.

Does your child need to learn to swim? We are offering swim lessons to children of all ages and abilities. Each class will go over the correct techniques and water safety rules while providing a positive learning environment that will promote self-confidence to enjoy all water activities.

4-week session

\$60

NO LESSONS 7/3 & 7/4

Monday & Tuesday lessons will end on 7/17 & 7/18

Wednesday & Thursday lessons end the week of 7/10

Sessions are being offered this summer for various levels of swim readiness:

CLASSES	PREREQUISITE	SKILLS TO BE TAUGHT
Level 1 – WATER ADJUSTMENT	<ul style="list-style-type: none"> Swimmer must be potty trained Swimmer must bring their own goggles (NO nose goggles) Swimmer must wear a swimsuit 	<ul style="list-style-type: none"> Floating (front & back) Blowing bubbles Jumping in with assistance Kicking/starting big arms
Level 2 - BEGINNER	<ul style="list-style-type: none"> Swimmer can already blow bubbles out of their nose and is comfortable getting their face wet Swimmer must bring their own goggles (NO nose goggles) Swimmer must wear a swimsuit 	<ul style="list-style-type: none"> Freestyle Backstroke Jumping in without assistance Treading water basics
Level 3 - INTERMEDIATE	<ul style="list-style-type: none"> Swimmer can tread water Swimmer can swim 1 lap of the pool Swimmer must bring their own goggles (NO nose goggles) Swimmer must wear a swimsuit 	<ul style="list-style-type: none"> Freestyle Backstroke Kneeling & sitting diving Treading water
Level 4 - ADVANCED	<ul style="list-style-type: none"> Swimmer must be able to do one length of freestyle and backstroke Swimmer must be able to tread water for 30 seconds Swimmer must wear a swimsuit 	<ul style="list-style-type: none"> Freestyle Breaststroke Butterfly Backstroke Standing dives
PRIVATE SWIM LESSONS		SEMI-PRIVATE SWIM LESSONS
<p>Works on individual skills of each child one on one</p> <p>Cost: \$120</p>		<ul style="list-style-type: none"> Split a lesson and work on individual skills with 2 swimmers at the same time Need to be at the similar ability level Ideal for siblings <p>Cost: \$70 each child</p>

Registration is open until June 7th or until spots are full

Visit our website to register at www.Northamptonswim.com

QUESTIONS: Email NorthamptonSBC@gmail.com



The Northampton Area School District does not sponsor or sanction this program.

