

# **Abington Park and Recreation Island Grove Pool**

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## **Swimming Lesson Information**

The general objective of our Lesson Program is to provide an atmosphere where children can learn water skills in a safe and enthusiastic environment. We use the Water and Safety skills outlined by the American Red Cross Progressive Swimming courses as our primary teaching guide. However, we also include our own creative motivational techniques along with a heavy dose of enthusiasm to make sure that the learning is stimulating, stress-free, and fun!

When selecting a course of instruction for your child(ren), use their previous Red Cross Courses as a guide. However, please be conservative when signing up for their first course of the summer. Repeating courses (especially at the Water Exploration and Primary Skills levels) can be a very valuable experience, when you consider that swimming skills are best learned through repetition. It is not uncommon for youngsters to stay in the same Red Cross skill level for two sessions.

## **General Guidelines**

1. In order to participate, in the program, your child must be at least 4 years of age before the start of the class.
2. Classes are held unless weather conditions threaten the safety of the students and department staff. Classes are not held if there is lightning in the area.
3. If classes are canceled due to inclement weather, classes will not be made up unless the Pool Director feels that students have not had enough instruction time to learn skills needed to pass their current level.
4. Parents (not participating in lesson) are encouraged to leave the beach area completely. This policy will help the instructor develop the "Trusting Relationships" necessary for the learning process to begin.
5. There will be 15 minutes in between each instructor's lessons. This will allow the instructor to warm up and let parents ask questions if needed.
6. All lessons will begin and end promptly on schedule.
7. Second session class schedule will be adjusted if needed according to the needs of the memberships.
8. At the end of each session those children who have successfully completed all required skills will receive a Red Cross card.
9. Registration fees are not refundable once lessons begin.

# Swimming Lesson Schedule

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There will be two 3-week sessions offered this summer.  
You may register for any session and/or both sessions.

Session I            June 22 - July 10  
Session II           July 20 - August 7

Each class will consist of Fun, Safety, and Stroke Technique  
*All classes are Monday through Friday*

<b>9:00 - 9:30am</b>	Level I	Water Exploration
	Level II	Primary Skills
	Level III	Stroke Readiness
<b>9:40 - 10:10am</b>	Level I	Water Exploration
	Level II	Primary Skills
	Level III	Stroke Readiness
	Level IV	Stroke Development
<b>10:20 - 10:50am</b>	Level I	Water Exploration
	Level II	Primary Skills
	Level III	Stroke Readiness
	Level IV	Stroke Development
<b>10:20 - 11:00am</b>	Level V	Stroke Refinement
	Level VI	Skill Proficiency

Both Levels V and VI are five week programs and they will be taught together. Because of all of the swimming technique practice one cannot pass these courses in a regular 3 week session. The class will begin using the session one three weeks have a week off like all other lessons and then resume the first two weeks of session two. There is only one fee for these levels.

*Additional classes maybe added at a later date and all classes and times  
Classes are subject to change based on enrollment*

# Island Grove Pool Membership Application

## Pool Membership Registration Fees

*Pool Season: June 20, 2009 - August 13, 2009*

### Resident

Family	\$90.00
Family (Before June 1st)	\$80.00
Adult (18-64)	\$60.00
Senior (63+)	<b>FREE</b>
Child (12-17)	\$50.00

### Non-Resident

Family (Max of 5)	\$155.00
Family (Each Additional)	\$35.00

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## Pool Membership Application

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Town/City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Emergency#: \_\_\_\_\_

Email: \_\_\_\_\_

Membership Type: \_\_\_\_\_ Cost: \_\_\_\_\_

Name (List Family Members for Family Membership)	Age	Tag #
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_____	_____	_____
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Mail checks payable to: **Abington Park and Recreation**  
**500 Gliniewicz Way**  
**Abington, MA 02351**

# Swimming Lesson Application

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## Swimming Lesson Registration Fees

*(Fees are per Session/per Child)*

	<u>One Session</u>	<u>Two Sessions</u>
With Membership		
(one child)	\$80.00	\$110.00
(2 children)	\$70.00	\$100.00
(3+ children)	\$60.00	\$90.00
Resident without Membership	\$100.00	\$140.00
Non-Resident	\$125.00	\$240.00

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## Swimming Lesson Application

*(Do Not Fill Out This Section If You Filled Out Membership Application)*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Town/City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Emergency#: \_\_\_\_\_

Email: \_\_\_\_\_

### Swimming Lessons

Name	D.O.B.	Session	Level	Time	Cost
1. _____	_____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____	_____
Total \$					_____

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