

FUNDAMENTALS

WATER BABIES | WATER TOTS | TADPOLE | PRESCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WB 10:30	PS 3:30	PS 3:30	WB 3:30	WB 10:30	WB 8:30	
PS 11:00		WB 4:00	PS 4:00	PS 11:00	PS 9:00	

CORE

BEGINNER (BRONZE, SILVER, GOLD) | ELEMENTAL | ADVANCED BEGINNER (BRONZE, SILVER, GOLD)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ELEM 4:00	BB 4:00	ELEM 4:30	BB 4:30		BB 9:30	
AB-B 4:30	BS 4:30	AB-B 5:00	BS 5:00		BS 10:00	
AB-S 5:00	BG 5:00	AB-S 5:30	BG 5:30		BG 10:30	
					AB-B 11:00	
					AB-S 11:30	

WINTER I: JANUARY 6TH-FEBRUARY 8TH. ALL CLASSES ARE 5 WEEKS

Pre Registration: December 16th-22nd Open Registration: December 23rd-January 5th

Swim Registrations as of January 6th will have a \$25 Late Registration fee.

NEXT SESSION DATES FEBRUARY 17TH-MARCH 21ST (REGISTRATION DATES TO BE ANNOUNCED)

SKILL & STROKE DEVELOPMENT

INTERMEDIATE | SWIM TEAM PREP (BRONZE, SILVER, GOLD) | SWIM CONDITIONING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

SPECIALTY

ADULT NOVICE, NOVICE PLUS, INTERMEDIATE | COMPETITIVE TRAINING | SWIM TEAM CONDITIONING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

PRIVATE SWIM LESSONS

In addition to the above group lessons, we offer private lessons. Private lessons provide individualized attention to students allowing them to learn at their own pace. Private lessons are available for children and adults. Lessons are 30-minutes and are available in packages of 4 or 8 lessons.

RATES

	MEMBER	NONMEMBER
5 Week	\$58.57	\$71.43
SWIM PACK - 4	\$138	\$138.00
SWIM PACK - 8	\$259	\$259.00

Refund Policy: All program sales are final. There are no refunds or credits. Inclement Weather Policy: Parents should call the facility one hour before the scheduled class time to inquire if a class is canceled. If we cancel a class due to inclement weather or pool closure, we will accommodate a make-up for that class by the end of the session. Make-up Policy: We will endeavor, but cannot guarantee, make-ups for missed classes. We do not grant make-ups in the case of a no show or no notice. Make-up classes are based on availability and may not be the same time, day, or instructor. Once a make-up class is scheduled, it may not be rescheduled. Registration Policy: There will be a \$25.00 registration fee for group swim purchases that occur after the start of the session. Fees are subject to change periodically, but all attempts are made to ensure the fees listed are current. Group swim lessons are valid 180 days from date of purchase. Private lesson memberships have a 30 day expiration from bill date and must be used by next billing or lessons are forfeited. The memberships can be placed on freeze (by parent or guardian) for up to one year. The monthly freeze fee is \$15.00 per month. The memberships can be cancelled (by parent or guardian) with a 30 day advanced notice. Private lesson packages have a 60 day expiration (for 4 packs) and a 90 day expiration (for 8 packs).

NYSC | BSC | WSC | PSC

BSC Salisbury, MA | 191 Elm Street | (978) 462 - 5662

Swim Academy Levels & Descriptions

FUNDAMENTALS

WATER BABIES/WATER TOTS (WB)

Ages 6 – 12+ months • Guardian required • 30 minutes •

Join your baby in the pool in this fun and safe introduction to the water. The focus is on getting your child comfortable in the water as well as learning water safety, water play and developing primary swim skills.

PRESCHOOL (PS)

Ages 3 – 4 years • 30 minutes •

This class is ideal for first-timers or children who are timid around water. By learning basic kicking, arm strokes, and submerging their faces, students feel more safe and comfortable in the water. Children learn safety rules, glides, freestyle arm strokes, backstrokes and floating while supported by the instructor.

CORE

BEGINNER - BRONZE (B-B)

Ages 4 – 6 years • 30 minutes • Assessment required

Ideal for children who have some experience in the water but cannot swim and could benefit from learning basic swim techniques. Students who can submerge their faces may take this class. Topics covered include safety rules, supported glides/floating, retrieving toys, 5-yard freestyle with and without their face in the water, 5-yard underwater swim, introduction to elementary backstroke and breaststroke.

BEGINNER - SILVER (B-S)

Ages 5 – 7 years • 30 minutes • Assessment required

This class is for swimmers able to swim on their own but need to work on their movement and endurance. Students practice swimming with their face in the water and learn how to use their buoyancy to sink vertically and resurface. Topics covered include safety rules, unsupported glides/floating, rhythmic breathing, retrieving toys, 10-yard freestyle with and without their face in the water, 10-yard underwater swim, 10-yard backstroke, elementary backstroke and breaststroke arms.

BEGINNER - GOLD (B-G)

Ages 5 – 8 years • 30 minutes • Assessment required

This class is great for kids new to swimming on their own. Students become comfortable swimming freestyle 5–10 yards and learn how to coordinate stroke, kick and breathing techniques. The topics covered include safety rules, treading water for 30 seconds, breaststroke and basic whip kick. Students increase their endurance to swim 10 yards of freestyle and backstroke using proper form.

ELEMENTAL (ELEM)

Ages 6 – 10 years • 30 minutes •

Same as the Beginner series but designed for older children who need to practice the basics.

ADVANCED BEGINNER - BRONZE (AB-B)

Ages 6 – 8 years • 30 minutes • Assessment required

Kids comfortable swimming 5–10 yards will learn to coordinate stroke, kick and breathing techniques. Topics covered include safety rules, rotary breathing, treading water for 60 seconds, introduction to breaststroke and dolphin kick, elementary backstroke with inverted whip kick, and building the endurance to swim 20 yards of freestyle and backstroke with proper form.

ADVANCED BEGINNER - SILVER (AB-S)

Ages 6 – 9 years • 30 minutes • 5:1 ratio • Assessment required

This class builds on the skills learned in Advanced Beginner – Bronze by refining the strokes learned and swimming longer distances. Objective is to be able to swim half of the length of the pool.

ADVANCED BEGINNER - GOLD (AB-G)

Ages 7 – 10 years • 30 minutes • Assessment required

This class builds on the skills learned in Advanced Beginner – Bronze by refining the strokes learned and swimming longer distances. Objective is to be able to swim the entire length of the pool.

SKILL & STROKE DEVELOPMENT

SWIM TEAM PREP - BRONZE (STP-B)

Ages 8+ years • 45 minutes •

In order to take this class students must be able to do a breaststroke and be able to swim full lengths of the pool using proper freestyle and backstroke techniques. Students focus on advanced freestyle, back, breast, butterfly and side strokes. Swimmers build the endurance to swim laps for most of a 45-minute class while developing their stroke coordination during swims of 25 yards using each stroke.

SWIM TEAM PREP - SILVER (STP-S)

Ages 8+ years • 45 minutes •

Students learn advanced techniques and build endurance for swim competition. Increased endurance, flip turns, backstroke count, 50-yard butterfly, 100-yard individual medley (freestyle, backstroke and breaststroke), stroke efficiency, increased speed, and ability to work off of a pace clock are covered. Students will swim continuously for 20 minutes during a couple of segments.

SWIM TEAM PREP - GOLD (STP-G)

Ages 8+ years • 45 minutes •

Students learn advanced techniques and build endurance for swim competition. Increased endurance, flip turns, backstroke count, 75-yard butterfly, 200-yard individual medley (freestyle, backstroke and breaststroke), stroke efficiency, increased speed, 500 freestyle and ability to work off of a pace clock are covered.

SWIM CONDITIONING (SC)

Ages 9+ years • 60 minutes •

Structured like a swim team practice, this class strengthens advanced techniques and builds endurance for competition. Competitive skills, development of stroke efficiency, speed and strength are the goals. Swimmers build their endurance so they can swim 30 continuous minutes.

Specialty level descriptions can be found on our website (www.mysportsclubs.com/kids) or by contacting the Kids Desk.