

PROGRESSIVE AGES 6-11

Classes \$41 members /\$81 non members

Polliwog A

- Designed for beginners with little or no swimming skills (for children who use bubbles).
- Teaches water adjustment, floating and paddle stroke.

Monday	4:15 - 4:55 pm	02210-11
Monday	7:00 - 7:40 pm	02210-12
Wednesday	3:30 - 4:10 pm	02210-31
Saturday	12:00 pm - 12:30 pm	02210-61

Polliwog B

- Must have successfully completed POLLIWOG A level.
- Teaches floating, treading, swimming one pool length (25 yards) and endurance.
- Able to swim 25 yards with half a flotation.
- Able to flutter kick 25 yards on front and back

Monday	3:30 - 4:10 pm	02211-12
Monday	7:00 - 7:40 pm	02211-13
Wednesday	3:30 - 4:10 pm	02211-31
Wednesday	4:15 - 4:55 pm	02211-32
Friday	3:30 - 4:10 pm	02211-51
Saturday	11:25 - 11:55 am	02211-61
Saturday	12:00 - 12:30 pm	02211-62

Guppy

- Must have successfully completed POLLIWOG B level or swim one pool length (25 yards) without a bubble with face in water blowing bubbles.
- Able to float on their back and be comfortable in the water.
- Teaches rotary breathing, stroke improvement, treading water and endurance.

Monday	3:30 - 4:10 pm	02212-12
Monday	7:40 - 8:20 pm	02212-14
Wednesday	3:30 - 4:10 pm	02212-31
Friday	3:30 - 4:10 pm	02212-51
Saturday	9:40 - 10:10 am	02212-61
Saturday	11:25 - 11:55 am	02212-62
Saturday	12:00 - 12:30 pm	02212-63

Minnow

- Must have successfully completed GUPPY level or swim one pool length (25 yards) with rotary breathing.
- Able to float on back and tread in deep water.
- Able to swim 25 yards backstroke
- Teaches perfecting front and back crawl, diving and endurance.

Monday	4:15 - 4:55 pm	02213-11
Monday	7:40 - 8:20 pm	02213-12
Wednesday	3:30 - 4:10 pm	02213-31
Friday	4:15 - 4:55 pm	02213-51
Saturday	12:00 - 12:30 pm	02213-62

Fish

- Must have successfully completed MINNOW level or swim two pool lengths (50 yards) of both the front and back crawl.
- Teaches breaststroke, dolphin kick, elementary backstroke and endurance.
- Able to swim 150 yards non stop

Monday	7:40 - 8:20 pm	02214-11
Wednesday	4:15 - 4:55 pm	02214-31
Friday	4:15 - 4:55 pm	02214-51

Flying Fish

- Must have successfully completed FISH level or swim four pool lengths (100 yards) continuously – 50 yards of the front crawl and 50 yards of the back crawl.
- Able to do the elementary backstroke, breaststroke and dolphin kicks.
- Teaches breaststroke, butterfly stroke, turns, and endurance.
- Able to swim 300 yards non stop

Monday	7:40 - 8:20 pm	02215-11
Wednesday	4:15 - 4:55 pm	02215-31

Shark

- Must have successfully completed FLYING FISH level or swim eight pool lengths (200 yards) continuously – butterfly, backstroke, breaststroke and front crawl – continuously.
- Teaches improved strokes and endurance; learn flip turns and life-saving strokes.

Wednesday	4:15 - 4:55 pm	02216-31
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MASTERS SWIM TEAM

- Open to adults 19 years old and up. Program features coached workouts and drills. Team members are eligible to compete in meets. **\$41 Members / \$81 Non-members 02904-12**
- **For more information call the Aquatics Director, 508-879-4420 x35.**

SAFETY EDUCATION COURSES

- **Emergency Oxygen Administration Training** Designed for **LIFEGUARDS, HEALTHCARE PROVIDERS and FIRST RESPONDERS** who are required to have this certification for employment. **Cost: \$32**

Tuesday, January 12, Winter	6:00-7:30pm	02304-11
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- **CPR Pro for the Professional Rescuer**

- Designed for **HEALTHCARE PROVIDERS and FIRST RESPONDERS**. This program teaches participants to: recognize signs of sudden cardiac arrest, heart attack and stroke; relieve foreign-body airway obstruction; perform cardiopulmonary resuscitation; and use an automated external defibrillator. **\$62 CPR Masks available for \$10 each**

Tuesday, February 9, Winter	6:00-10:30 pm	02303-11
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- **Basic First Aid** Adult, Infant and child first aid. **Cost: \$52**

Monday, January 25, Winter	6:00-10:30 pm	02307-11
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- **CPR, AED for the Community - Chokesaver** This program is for people who want or are required to have CPR and AED knowledge and skills, including emergency response teams in the workplace, school bus drivers, adult residential care personnel, child care workers, teachers, parents and babysitters. Participants learn to: recognize the signs of sudden cardiac arrest, heart attack and stroke; relieve foreign-body airway obstruction; perform cardiopulmonary resuscitation; and use an automated external defibrillator. Meets OSHA Chokesaver requirements for restaurants and food service personnel. **Cost: \$62 - CPR Masks available (\$10 each)**

Wednesday, Dec 2, Fall 2	6:00-10:30pm	02306-62
Tuesday, Feb 2, Winter	6:00 -10:30pm	02306-11