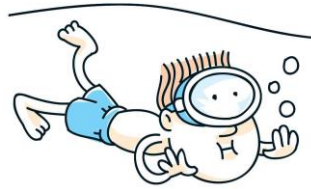


ROXBURY RECREATION



2022 Swim Lessons - All Levels

Swim lesson sign-ups start June 1, 2022.

All sign-ups must be done in person. All swimmers and parent(s) must be lake members.

Water Testing Info: Any child who has not taken lessons through Roxbury Recreation needs to be water tested. Water testing dates: Saturday, June 11th from 10am-12pm and Saturday, June 18th from 10am-12pm at Horseshoe Lake Beach. Children should wear their bathing suit for the test. Once water tested, the instructors will issue a card with the proper class for the child to sign up. Children can also be swim tested throughout the summer between scheduled swim lessons (12:45 – 1:00pm, 1:45 – 2:00pm, 2:45 – 3:00pm and 3:45 – 4:00pm).

Swim lessons begin on June 20th. There are no classes on July 4th. Classes cancelled due to inclement weather will not be made up. Please note that child and adult must be a member of Horseshoe Lake Beach in order to participate.

Sunfish (Parent/child class: Age 3) A parent must be in the water and fully participating in the class. Sunfish is a 1-week long session that runs Monday – Friday. Each class is 30 minutes long. Fee: \$35.

- Class 1 Week 6 July 25 – July 29 3:30

Guppy (Age 4: All children must be water tested) Guppy and Goldfish are the only two classes that 4 year olds can take. Guppy is a 1-week long session that runs Monday – Friday. Each class is 30 minutes long. Skills taught are water adjustment, tadpole jump-bobbing, blowing bubbles, breath control, pick up sand, flutter kick, jellyfish float, and beach safety. Fee: \$35.

- Class 1 Week 1 June 20 – June 24 3:00
- Class 2 Week 3 July 5 – July 8 1:00 *No class on July 4
- Class 3 Week 4 July 11 – July 15 3:30
- Class 4 Week 5 July 18 – July 22 1:00
- Class 5 Week 6 July 25 – July 29 3:00

Goldfish (Age 4: All children must be water tested) Guppy and Goldfish are the only two classes that 4 year olds can take. Goldfish is a 1-week long session that runs Monday – Friday. Each class is 30 minutes long. Skills taught are bobbing, breath control, jellyfish float, prone glide/kick, back float, back glide/kick, winging 10 ft, arm stroke on front, pollywog stroke 10 ft, porpoise dive, and beach safety. Fee: \$35.

- Class 1 Week 1 June 20 – June 24 12:00
- Class 2 Week 3 July 5 – July 8 2:00 *No class on July 4
- Class 3 Week 4 July 11 – July 15 12:00
- Class 4 Week 5 July 18 – July 22 3:00
- Class 5 Week 7 Aug 1 – Aug 5 12:00

Children who are 5 years old and older may register for any class as determined by their ability level. To ensure proper placement, we ask that you present your card at the time of registration. If the card is signed, children may register for the next class level. If the card is not signed, children must repeat the same level. If the card is not signed and you feel that you child is ready for the next level, you must have him or her water tested.



If your child has passed Guppy or Goldfish last year, they may enter Tadpole. Some children may have bypassed the Tadpole skills and their card may say "Take Polliwog".

Tadpole (Must be at least 5 years old by the start of the class; children new to the program must be water tested.) Tadpole is a 2-week long session that runs Monday – Friday. Each class is 30 minutes long. Skills taught are water adjustment, tadpole jump-bobbing, blowing bubbles, breath control, pick up sand, flutter kick front & back, jellyfish float, and beach safety. Fee: \$50.

• Class 1	Week 1, 2	June 20 – July 1	1:00
• Class 2	Week 1, 2	June 20 – July 1	2:00
• Class 3	Week 2, 3	June 27 – July 8	3:00 *No class on July 4
• Class 4	Week 3, 4	July 5 – July 15	2:30 *No class on July 4
• Class 5	Week 5, 6	July 18 – July 29	2:00
• Class 6	Week 6, 7	July 25 – Aug 5	1:00

Blue Fish (This class is for beginners, Tadpole level, that are 8 or above.) Blue Fish is a 2-week long session that runs Monday – Friday. Each class is 45 minutes long. Skills taught are water adjustment, tadpole jump-bobbing, blowing bubbles, breath control, pick up sand, flutter kick front & back, jellyfish float, and beach safety. Fee: \$50

- NO CLASSES

Pollywog (Must be at least 5 years old by the start of the class; children new to the program must be water tested.) Pollywog is a 2-week long session that runs Monday – Friday. Each class is between 30 minutes and 45 minutes long. Skills taught are bobbing, breath control, jellyfish float, prone float, prone glide/kick, back float, back glide/kick, winging 10 ft, arm stroke on front, pollywog stroke 10 ft, porpoise dive, and beach safety. Fee: \$50.

• Class 1	Week 1, 2	June 20 – July 1	1:00
• Class 2	Week 1, 2	June 20 – July 1	2:30
• Class 3	Week 1, 2	June 20 – July 1	3:30
• Class 4	Week 1, 2	June 20 – July 1	4:30
• Class 5	Week 3, 4	July 5 – July 15	1:00 *No class on July 4
• Class 6	Week 3, 4	July 5 – July 15	2:00 *No class on July 4
• Class 7	Week 4, 5	July 11 – July 22	3:30
• Class 8	Week 4, 5	July 11 – July 22	3:00
• Class 9	Week 5, 6	July 18 – July 29	12:00
• Class 10	Week 6, 7	July 25 – Aug 5	3:00

Minnow (Children new to the program must be water tested.) Minnow is a 3-week long session that runs Monday – Friday. Each class is 45 minutes long. Skills taught are bobbing, survival float one minute, combined stroke on back, rotary breathing, pollywog stroke, crawl stroke, treading water, deep water jump, underwater swim, porpoise dive, deep water swim, and personal safety. Fee: \$65..

• Class 1	Week 1, 2, 3	June 20 – July 8	12:00 *No class on July 4
• Class 2	Week 1, 2, 3	June 20 – July 8	1:00 *No class on July 4
• Class 3	Week 1, 2, 3	June 20 – July 8	2:30 *No class on July 4
• Class 4	Week 1, 2, 3	June 20 – July 8	3:30 *No class on July 4
• Class 5	Week 4, 5, 6	July 11 – July 29	12:00
• Class 6	Week 4, 5, 6	July 11 – July 29	1:00
• Class 7	Week 4, 5, 6	July 11 – July 29	2:00
• Class 8	Week 5, 6, 7	July 18 – Aug 5	2:00
• Class 9	Week 5, 6, 7	July 18 – Aug 5	4:00

Flying Fish (Children new to the program must be water tested.) Flying Fish is a 3-week long session that runs Monday – Friday. Each class is 45 minutes long. Skills taught are bobbing in deep water, coordinated crawl stroke 25 meters, elem.



back stroke 25 meters, front-back-front, comb. swim, underwater swim 3-4 body length, surface dive feet/head first, standing front drive, survival float 1 minute, stride/compact jump, and treading water/back float. Fee: \$65.

- Class 1 Week 1, 2, 3 June 20 – July 8 12:00 *No class on July 4
- Class 2 Week 1, 2, 3 June 20 – July 8 4:30 *No class on July 4
- Class 3 Week 4, 5, 6 July 11 – July 29 1:00
- Class 4 Week 4, 5, 6 July 11 – July 29 4:30

Porpoise (Children new to the program must be water tested.) Porpoise is a 3-week long session that runs Monday – Friday. Each class is 45 minutes long. Skills taught are crawl stroke 50 meters, treading water 2 minutes, back float 1 minute, 3 surface dives, side stroke, elem. back stroke 50 meters, comb. swim, dive & underwater swim, personal safety, breast stroke arms/kick, sculling/open turns, PFDs, back crawl, and dive from board. Fee: \$65.

- Class 1 Week 1, 2, 3 June 20 – July 8 4:30 *No class on July 4
- Class 2 Week 4, 5, 6 July 11 – July 29 12:00
- Class 3 Week 4, 5, 6 July 11 – July 29 4:30

Shark (Children new to the program must be water tested.) Shark is a 2-week long session that runs Monday – Friday. Each class is 45 minutes long. Skills taught are breast stroke 50 meters, crawl 100 meters, elem. back 100 meters, coord. back crawl 50 meters, 200 meters swim comb., side stroke alt. kick 100 meters, survival float, underwater swim, 3 surface dives, long shallow dive, board dives, personal safety, and treading water 4 minutes. Fee: \$50.

- Class 1 Week 2, 3 June 27 – July 8 12:00 *No class on July 4

Marlin (Children new to the program must be water tested.) Marlin is a 2-week long session that runs Monday – Friday. Each class is 45 minutes long. Skills taught are trudgen crawl 50 meters, inverted breast stroke, over-arm side stroke, underwater swim 25 ft, survival float 5 minutes, crawl stroke 100 meters, back stroke 100 meters, breast stroke 100 meters, side stroke 100 meters, butterfly, racing turns, mile swim, running springboard dive, and disrobing/treading water. Fee: \$50.

- Class 1 Week 3, 4 July 5 – July 15 4:00 *No class on July 4

Stroke Clinic (For children on the swim team.) Stroke Clinic is a 3-week long session that runs Monday – Friday. Each class is 45 minutes long. Fee: \$65.

- NO CLASSES

Diving (Must have completed Minnow and/or be water tested into the class.) Diving is a 1-week long session that runs Monday – Friday. Each class is 45 minutes long. Fee: \$35.

- Class 1 Week 6 July 25 – July 29 4:00

Canoe (Children must be at least 8 years old and have passed Minnow. A child who is new to the program or who has not passed Minnow must be water tested before signing up for canoe lessons.) Canoe is a 1-week long session that runs Monday – Friday. Each class is 45 minutes long. Fee: \$35.

- Class 1 Week 3 July 5 – July 8 4:00 *No class on July 4
- Class 2 Week 5 July 18 – July 22 4:00

Junior Lifeguard (Age 11 – 14, must have completed Porpoise or be water tested into the class. Must be age 11 by July 22nd.) Junior Lifeguarding is a 3-week long session that runs Monday – Friday. Each class is 2 hours long. Fee: \$55. Junior

- Class 1 Week 2, 3, 4 June 27 – July 15 10:15 -12:15 *No class on July 4



