

SWIM LESSONS

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 9:30	Water Babies	Water Babies	Water Babies	Water Babies	
	Preschool 1	Preschool 1	Preschool 1	Preschool 1	
	Preschool 2	Preschool 2	Preschool 2	Preschool 2	
3:30 - 4:00	Water Babies	Preschool 1	Water Babies	Preschool 1	Preschool 1
	Preschool 1	Beginner	Preschool 1	Beginner	Preschool 2
4:00 - 4:30	Preschool 2	Youth Beginner	Preschool 2	Youth Beginner	Adv. Beginner
	Beginner	Preschool 2	Beginner	Preschool 2	Beginner
4:30 - 5:00	Adv. Beginner	Adv. Beginner	Adv. Beginner	Adv. Beginner	Adult Beginner
	Intermediate	Intermediate	Intermediate	Intermediate	Adult Intermediate

6 Students to 1 Instructor
Classes 7 Days a Week • Heated Pool
Certified Instructors
Licensed Lifeguards
Salt Pure Pool
Ages 6 Months and Up



Splash is eager to start swimming lesson at Dedham Health. Our baby hydra is here to teach us that S-Students, P-Practice, L- Learn, A-Achieve, S- Safe Swimming, H- Habits. Splash will learn and grow in our program to hopefully qualify for the Hydra's Swim Team.

	Sunday	Saturday
9:00 - 9:30	Waterbabies	Waterbabies
	Preschool 1	Preschool 1
	Prechool 2	Prechool 2
9:30 - 10:00	Preschool 1	Preschool 1
	Preschool 2	Preschool 2
	Youth Beginner	Youth Beg.
10:00 - 10:30	Beginner	Beginner
	Preschool 1	Preschool 1
	Prechool 2	Prechool 2
10:30 - 11:00	Preschool 1	Preschool 1
	Preschool 2	Preschool 2
	Beginner	Beginner
11:00 - 11:30	Waterbabies	Waterbabies
	Beginner	Beginner
	Adv. Beginner	Adv. Beginner
11:30 - 12:00	Youth Beginner	Youth Beginner
	Adv. Beginner	Adv. Beginner
	Intermediate	Intermediate
12:00 - 12:30	Beginner	Beginner
	Preschool 1	Preschool 1
	Prechool 2	Prechool 2
12:30 - 1:00	Beginner	Beginner
	Adv. Beginner	Adv. Beginner
	Intermediate	Intermediate
1:00 - 1:30	Preschool 1	Preschool 1
	Preschool 2	Preschool 2
	Beginner	Beginner
1:30 - 2:00	Adult Beginner	Adult Beginner
	Adv. Beginner	Adv. Beginner
	Intermediate	Intermediate

5 Week • SUMMER SESSION 1 • June 22 - July 26
5 Week • SUMMER SESSION 2 • July 27 - August 30



**SCAN THIS CODE
TO SIGN-UP ONLINE**

DEDHAM HEALTH
& Athletic Complex

200 Providence Highway, Dedham MA 02026
781-326-2900 • www.dedhamhealth.com

Summer Rates:
Cost: \$125/Session
5 Weeks/Session

**For any questions please feel free to contact the aquatics director
Jimmy Stallings at aquatics@dehamhealth.com**

LESSON INFORMATION



YOUTH LESSONS

Waterbabies

(6 months—2.5 years)

Parent participation required.

A class of interactive water play to encourage a positive experience in the water while learning basic skills for swimming. As a parent participation class, the ratio is 12:1.

Preschool 1*

(2.5 – 4 years) No parent participation.

The child may or may not have prior swimming experience. Our instructors work with your child to increase comfort level in the water. We introduce the basics of Front Crawl and Elementary Backstroke

Preschool 2*

Students who have passed Preschool 1 or have little swimming ability, but are comfortable in the water. Comfort and confidence are emphasized. We work on Front Crawl, Elementary Backstroke, floating and dives in this level.

Beginner*

Students who have passed Preschool 2 or are able to swim 20 feet Front Crawl and Elementary Backstroke unassisted. We emphasize endurance while still teaching technique in this level.

Advanced Beginner *

Students who have passed Beginner or are able to swim Front Crawl with rotary breathing, Elementary Backstroke and Backstroke 25 yards. We introduce Breaststroke, Turns, and Sidestroke. We emphasize endurance while still teaching technique in this level.

Intermediate *

Students who have passed Advanced Beginner or are able to swim 25 yards Front Crawl with rotary breathing, 50 yards Backstroke, and 25 yards Breaststroke. We review the basics of all competitive strokes as well as turns and racing starts off of the diving blocks.

Pre-Team

7 years and up. | Swimmers must be able to swim 50 yards for all competitive strokes using appropriate turns. This is a 1 hour workout in which pace and sports conditioning are introduced. This is not a "learn to swim" class

Youth Beginner (7 years and up) *

This class is designed for older children who wish to learn the basics of swimming. Participants may or may not have prior experience in the water. The class will be centered on becoming comfortable in the water and learning the fundamental swimming skills for Front Crawl, Backstroke and Breaststroke.

Swimming Evaluations

Not sure what level your child should be in? We can step up a swimming evaluation. To set up a swimming evaluation please contact the aquatics director at aquatics@dedhamhealth.com

Private Swimming Lessons

For more information please contact the aquatics director at aquatics@dedhamhealth.com

ADULT LESSONS

Beginner Classes *

Designed to teach the basics of swimming. Classes are a half hour in length. Participants may or may not have prior swimming experience. Classes concentrate on introducing Front Crawl, Backstroke, and overcoming fears of the water.

***The ratio is 6:1**



**ALREADY KNOW HOW TO SWIM? INTERESTED IN GETTING COMPETITIVE?
JOIN THE DHAC HYDRA SWIM TEAM!**