SWIM LESSONS

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 - 10:00 am		Preschool 1	Preschool 2		
10:00 - 10:30 am		Preschool 2	Water Babies		
10:30 - 11:00 am		Water Babies	Preschool 1		
3:30 - 4:00 pm	Preschool 1	Preschool 1	Preschool 1	Preschool 1	Preschool 1
	Preschool 2	Beginner	Preschool 2	Beginner	Preschool 2
4:00 - 4:30 pm	Adv. Beginner	Youth Beginner	Adv. Beginner	Youth Beginner	Adv. Beginner
	Beginner	Preschool 2	Beginner	Preschool 2	Beginner
4:30 - 5:00 pm	Adult Beginner	Adv. Beginner	Adult Intermediate	Adv. Beginner	Adult Beginner
	Intermediate	Intermediate	Intermediate	Intermediate	Adult Intermediate
5:00 - 6:00 pm			Pre-Team		

Time	Saturday	Sunday
9:00 - 9:30am	Water Babies	Water Babies
	Preschool 1	Preschool 1
	Preschool 2	Preschool 2
9:30 - 10:00 am	Preschool 1	Preschool 1
	Preschool 2	Preschool 2
	Youth Beginner	Youth Beginner
10:00 - 10:30 am	Beginner	Beginner
	Preschool 1	Preschool 1
	Preschool 2	Preschool 2
10:30 - 11:00 am	Preschool 1	Preschool 1
	Preschool 2	Preschool 2
	Beginner	Beginner
11:00 - 11:30 am	Water Babies	Water Babies
	Beginner	Beginner
	Adv. Beginner	Adv. Beginner
11:30 am - 12:00 pm	Youth Beginner	Youth Beginner
	Adv. Beginner	Adv. Beginner
	Intermediate	Intermediate
12:00 - 12:30 pm	Beginner	Beginner
	Preschool 1	Preschool 1
	Preschool 2	Preschool 2
12:30 - 1:00 pm	Adult Beginner	Adult Beginner
	Adv. Beginner	Adv. Beginner
	Intermediate	Intermediate
1:00 - 2:00 pm	Pre Team	Pre Team

SESSION 2
9 WEEKS
NOVEMBER 15 TO FEBRUARY 6TH

No Classes:
November 22nd-28th
December 20th - January 2nd



AQUATICS
Make a splash at Dedham Health

Splash is eager to start swimming lessons 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.

PRE-TEAM PRICING COST
1 CLASS/WK/SESSION $405

RATES:
COST: $234/SESSION
9 WEEKS/SESSION

Heated Pool, Salt Pure Pool
Ages 6 months and up

Non-members always welcome!



SCAN THIS CODE TO SIGN-UP ONLINE

DEDHAM HEALTH™
& Athletic Complex

For any questions please contact the Aquatics Director
Brant Mccarron
aquatics@dedhamhealth.com

200 Providence Highway, Dedham MA 02026 • 781-326-2900 • Swim.DedhamHealth.com

LESSON INFORMATION

Water Babies



(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 and Turns. We emphasize endurance while still teaching technique in this level.*

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



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



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 Beginner*

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.