



**BOYS & GIRLS CLUB
OF PAWTUCKET**

Swim Programs



2019 - 2020

Swim Lessons 2019-2020

For each swim lesson session:
\$50.00 per child*

Saturday Lessons:

October 5 - November 2
November 16 - December 14
January 4 - February 1
February 15 - March 14
March 28 - May 2 (No lesson April 11)
May 9 - June 6

8:30-9:00 am - Pre-School I (ages 3-5)
9:05-9:35 am - Pre-School II (ages 3-5)
9:45-10:15 am - Beginners (Level 1)
10:30-11:00 am - Beginners (Level 2)
11:05-11:35 am - Intermediate (Level 3)
11:45 am -12:15 pm - Advanced (Levels 4-6)

Wednesday Lessons:

4:00-4:30 & 4:30-5:00 pm

Available for pre-teen participants in our After-School Program only. Please inquire at the Pre-Teen Front Desk for more information.

Sharks Swim Team

Once your swimmer is comfortable in the water, we would love to have them join our Sharks Swim Team.

For September - March swim team session:
\$250.00 per child*

\$150 for each additional sibling*

\$100 for active High School Swim Team participants*

For swimmers ages five and older**.

Practices: Monday-Thursday 6:00 - 7:00 pm
and 7:00 - 8:00 pm.

*All children must also have a current membership at the Boys & Girls Club of Pawtucket.

**All swim team members must be able to swim 25 yards of front crawl and backstroke independently.

Our Swim Lessons

Our swim lessons are taught by Red Cross Certified Lifeguards. Swim lesson groups meet once a week for five weeks. Classes are set-up so your child can learn and progress at their own pace. Class sizes will not exceed 12 children, and for younger participants, we will maintain a 1:4 staff to swimmer ratio. The following program descriptions are intended to be an aide for you and your child in working with the aquatics staff to accurately place your child. In making an evaluation of what level you believe your child should be placed in, please:

1. Review the following level descriptions and talk with your child about their water comfort level.
2. Consider your child's age, peer group, and past swimming experience.
3. Remember, there is nothing wrong with placing your child in a level you think is below them. We can easily advance them if need be.
4. If you have questions, do not hesitate to ask the aquatics staff or swim instructors. We want to help you and your child.



Swim Lesson Levels

Preschool Program

The preschool program gives your child a head start on learning to swim. Your child will develop an appreciation and healthy respect for the water. Preschool I & II are for children ages 3 to 5 years.

Preschool I & II: In these classes, pre-schoolers will have fun learning to get in and out of the water and jumping into shallow water. They will try floats and glides on their front & back, and learn to put on a swim belt. As they progress, they will learn to jump into shallow water by themselves and get in and out wearing a swim belt. They will submerge and exhale underwater. With a buoyant aid, they will move through the water kicking on their front and back. As your child advances, they will begin to gain independence in shallow water and begin to explore deep water with assistance.

Swim Program

The Swim Program ensures children learn how to swim before going in deep water. Levels accommodate children ages 6 to 18, including beginners and swimmers who want to build on the basics. In-water practice develops solid swimming strokes and skills.

Levels 1 (Novice): Participants will become comfortable entering and exiting the water, bobbing, floating and gliding on their front and back for short distances, and submerging and holding their breath. They will also learn how to stay safe in and around water.

Level 2 (Beginner): Participants will build on skills learned in Level 1. They will become more comfortable in the water, work on floating and gliding for longer distances, begin treading



water, and learn how to fully submerge and retrieve objects.

Levels 3 (Intermediate): Participants will focus on stroke development – learning the flutter kick, dolphin kick, and changing directions in deeper water. They will learn rotary breathing, how to tread water, and how to jump, dive, and roll into deep water. They will work on front and back crawl for lengths of 15-20 meters.

Levels 4-6 (Advanced): These advanced participants will refine their front, back, and breast stroke and learn the butterfly all while increasing stamina. They will learn to scull and swim lengths of the pool using all strokes. Sprints of 25-50 meters and endurance swims of 100-200 meters will be practiced. They will learn shallow dives and feet first sculling, and will practice treading water and survival floating for 1+ min. This is aimed at children who are looking to improve their technique and endurance and/or join the Sharks Swim Team!

Keep up with all program updates and any new program information:

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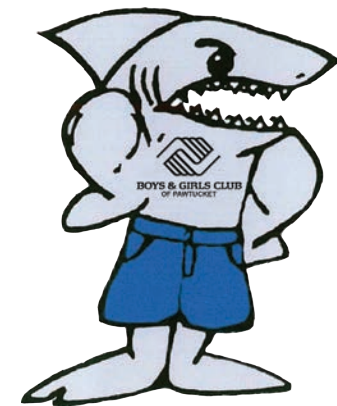
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