Falmouth Beaches Swim Lessons
SUMMER 2015

Swim lessons are available Monday – Thursday at all beaches except Woodneck Beach. **With the exception of Goodwill Park, you must have a beach sticker to park in the parking lots for lessons.**

**Beaches:** Menauhant, Bristol, Heights, Surf Drive, Goodwill, Chapoquoit, Old Silver, Megansett, & M.B.L.

**Dates:** July 1st – August 6th

**Cost:** $20.00 – First Child $10.00 – Each Additional Child

Please call the bath house if you have questions: (508)-548-8623

*** Payment must be brought to the Ellen Mitchell Bath House or mailed to (please include swim lesson sign up form):

59 Town Hall Square
Attn: Beach Dept.
Falmouth, MA 02540

Swim Lesson Level Descriptions and Times:

**9:30 A.M. Swimmers:** This class is generally for 11&12 year olds. At this level students should be able to swim **non-stop** the following strokes: Front Crawl, Back Crawl, Breast Stroke, Side Stroke and Elementary Back Stroke. Class Objectives: stroke refinement and swim endurance.

**10:00 A.M. Intermediates:** This class is generally for 9&10 year olds. At this level students should be able to swim the following strokes: Front Crawl, Back Crawl, Breast Stroke, Side Stroke and Elementary Back Stroke. Class Objectives: swim the above strokes without stopping.

**10:30 A.M. Advanced Beginners:** This class is generally for 7&8 year olds. At this level students should be able to swim the Beginner’s Stroke, swim under-water, and float on their backs without support. Class Objectives: Front Crawl, Back Crawl, Breast Stroke, Side Stroke and Elementary Back Stroke.

**11:00 A.M. Beginners:** This class is generally for 6 year olds. Class Objectives: kick using the kickboards, the Beginner’s Stroke, under-water swimming, and back-floating.

**9:30 A.M. –10:00 and 10:00-10:30 Pre-School Lessons:** This class is for 4&5 year olds. This class is designed to get students comfortable with fundamental water skills. Students will advance from basic swimming skills such as kicking and bobbing in fresh water to the Kick Glide, Beginner’s Stroke, and Back-floating. **Only available at Goodwill Park.**
11:30 Junior Lifeguarding Lessons:  (12-14 year olds) Students will learn basic water rescue skills and improve swim endurance. This class is held at Heights, Menauhant, MBL and Old Silver.