

Falmouth Beach Committee
FALMOUTH, MASSACHUSETTS 02540
SUMMER 2010

Swim lessons are available Monday – Thursday at all beaches except Woodneck Beach.

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

Dates: July 5 – August 12

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

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 objective: 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. 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. 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. This course is held at Goodwill Park only.

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 both the Heights and Old Silver.

FALMOUTH BEACHES SWIM LESSON FORM
SUMMER 2010

Beach: _____

Swim Lesson Level (if Pre-school, indicate which class
time) _____

Student's Name _____ Age: _____

Parent/Guardian's Phone Number _____

Parent or Guardian:

Does the student have any allergies/medical conditions that the
instructor should be aware of? Yes _____ No _____

If yes, please explain _____

I give permission for my child to participate in the swim lesson program
offered by the Falmouth Beach Department. Please call 508-548-8623 if
you have any questions.

Parent/Guardian Signature

Paid _____

Cash

Check (office use)