

# CHATHAM RECREATION & BEACHES

# SWIM

Residents \$25/session  
Non Residents  
\$30/Session

For Kids  
Ages 3 & UP

# LESSONS

@Oyster Pond



## SESSION DATES:

SESSION 1 | JULY 6-10 | MON, TUE, THURS, & FRI (NO WED)  
SESSION 2 | JULY 13-17 | MON, TUE, THURS, & FRI (NO WED)  
SESSION 3 | JULY 20-24 | MON, TUE, THURS, & FRI (NO WED)  
SESSION 4 | JULY 27-31 | MON, TUE, THURS, & FRI (NO WED)  
SESSION 5 | AUG 3-7 | MON, TUE, THURS, & FRI (NO WED)

## TIME/LEVELS:

1-1:30PM | LEVEL 3  
1:45-2:15 | LEVEL 2  
2:30-3:00 | LEVEL 1

## Register Now!

Classes starts  
on July 6TH



LEVEL 1 ~ INTRODUCTION TO WATER SKILLS TO SAFELY ORIENT CHILDREN TO THE AQUATIC ENVIRONMENT.

LEVEL 2 ~ FUNDAMENTAL AQUATIC SKILLS - GOING UNDER WATER, FLOATING, GLIDING, PADDLING ON FRONT & BACK, ROLLING OVER

LEVEL 3 ~ STROKE DEVELOPMENT - BOBBING, ROTARY BREATHING, FRONT & BACK CRAWL, SURVIVAL FLOATING & TREADING WATER

FOR QUESTIONS, CONTACT SUE FREDERICK  
774-701-0473 OR SFREDERICK@CHATHAM-MA.GOV

