



TOWN OF SUTTON

MARION'S CAMP

TUTTLE ROAD

2016

RED CROSS SWIM LESSONS

SWIM LESSONS WILL BE HELD ON JUNE 27 – JULY 8; JULY 11 – 22; AND JULY 25 – AUGUST 5. LESSONS ARE 30 MINUTES AND EACH SESSION RUNS FOR TWO WEEKS MONDAY – THURSDAY. IN CASE OF SEVERE WEATHER, CLASSES WILL BE CANCELLED AND MAKE UP CLASSES WILL BE HELD ON FRIDAY. YOU WILL BE CONTACTED IN THE EVENT OF A CANCELLATION OR YOU MAY CALL THE TOWN CLERK'S OFFICE AT 508-865-8725.

DESCRIPTION OF SWIM LESSONS

PRESCHOOL (AGES 3-5)

(1 INSTRUCTOR/5 CHILDREN)

LEARN THE BASICS IN THIS FUN FILLED CLASS AS WE INTRODUCE WATER SAFETY WHILE ENTERING AND EXITING THE WATER, BUBBLE BLOWING AND SUPPORTED KICKING AND FLOATING, ALONG WITH ARM MOVEMENTS.

LEVEL 1 – INTRODUCTION TO WATER SKILLS

(1 INSTRUCTOR/5 CHILDREN)

THIS CLASS HELPS PARTICIPANTS BUILD ON SKILLS LEARNED IN THE PRESCHOOL CLASS. LESSONS WILL INCLUDE ENTERING AND EXITING THE WATER WITH CONFIDENCE, BLOWING BUBBLES, SUBMERGE FACE, OPEN EYES UNDER WATER, AND INDEPENDENT KICKING AND FLOATING.

LEVEL 2 – FUNDAMENTAL AQUATIC SKILLS

THIS CLASS WILL BE FOCUSING ON FUNDAMENTAL LEVEL SKILLS. CHILDREN WILL WORK ON FRONT AND BACK FLOATS, KICKING AND THE INTRODUCTION OF THE FRONT CRAWL. THE OBJECTIVE OF THE CLASS IS GAIN CONFIDENCE IN THE WATER. STUDENTS MUST BE ABLE TO PUT THEIR FACE IN THE WATER COMFORTABLY FOR A THREE SECOND COUNT.

LEVEL 3 – STROKE READINESS

THIS CLASS WILL INTRODUCE THE ELEMENTARY BACKSTROKE AS WELL AS TREADING WATER. STUDENTS WILL LEARN TO COORDINATE AND IMPROVE THE FRONT CRAWL AND BACKSTROKE. SOME SHALLOW DIVING WILL BE INTRODUCED.

LEVEL 4 – STROKE DEVELOPMENT

STUDENTS WORK ON IMPROVING THEIR STROKES AND INCREASING THEIR ENDURANCE. WE WILL BE REVIEWING THE ELEMENTARY BACKSTROKE, FRONT CRAWL, BACK CRAWL, TREADING WATER, AND SHALLOW DIVING. THE INSTRUCTORS WILL INTRODUCE THE BREASTSTROKE, SIDESTROKE AND RHYTHMIC BREATHING.

PRIVATE SWIM INSTRUCTION FOR ADULTS AND CHILDREN ARE ALSO AVAILABLE UPON REQUEST.

THE SUTTON TOWN BEACH AT MARION'S CAMP IS OPEN SATURDAY, JUNE 18 – SUNDAY, AUGUST 21, WEEKENDS OF AUGUST 27 & SEPTEMBER 3. PUBLIC BEACH HOURS ARE DAILY 12 – 6 P.M. DAILY. BEACH PASSES ARE \$25.00 FOR SUTTON RESIDENTS, \$50.00 FOR MILLBURY RESIDENTS AND \$75.00 FOR NON-RESIDENTS. PASSES MAY BE PURCHASED AT THE TOWN HALL BEGINNING JUNE 6 OR AT THE BEACH DURING NORMAL BEACH HOURS. A BEACH PASS IS NOT REQUIRED TO PARTICIPATE IN THE SWIM PROGRAM. HOWEVER, IF YOU CHOOSE TO UTILIZE THE BEACH AFTER LESSONS, YOU WILL NEED TO PURCHASE ONE.