

This summer in Lancaster!



Swim Lessons

At the Town Beach

Where: Town Beach – Spec Pond – Fire Road #4
off Old Union Turnpike Rd

What: 45 minutes - 9 Days per Session –
make up on last Friday

When: 2 Sessions:
Session I – June 25th – July 6th
Session II – July 9th – July 20th

Cost: \$75 per child

Who: Grades K-5

Levels

1&2 - 10:55- 11:40 am – Class size Ratio 5 students:1 instructor

Learn to put head underwater

Learn to float

Practice kicks and arm movements separately

3&4 – 10:05-10:50 am – Ratio 8:1

Learn kicks and arm motions of strokes

Begin to put strokes together

Learn to tread water

5&6 – 9:15-10:00 am – Ratio 8:1

Learn all strokes

Perfect strokes

Build endurance

Small Classes

*Sign up for session I, II
or both!*

*Certified WSI
instructors who teach
swimming and make it
fun!*



Space is limited – must have 5 students per group to run.

New this year – pay online under the 2018 swim lesson icon!

<https://www.ci.lancaster.ma.us/recreation>

for more information call Joe Kennedy: kennedy2004@Comcast.net