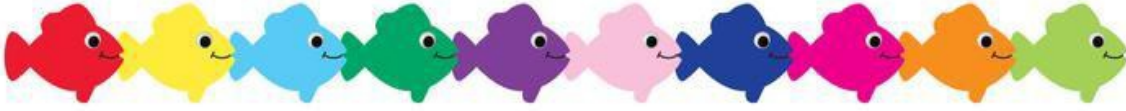


The Town of Templeton's Swim Program



Sponsored by the Town's Recreation Committee, the classes are at NO COST to Town residents and will run from Monday July 9th through Thursday August 9th, 2018.

Registration for classes will be held on Wednesday, June 20, 2018, from 6-8 p.m. and on Saturday, June 23, 2018, from 10a.m.-12 p.m. **at the Town Hall, 160 Patriots Road, East Templeton, MA**

To fill out forms ahead of time and bring to registration, you may download and print forms on our website:

http://www.templeton1.org/sites/templetonma/files/file/file/swim_program_sign_up_forms.pdf

Class sizes are limited, so be sure to register early!

Classes will be held at the Templeton Fish & Game Club as follows:

(Monday/Tuesday/Thursday) ages 5-15 yrs. Lessons start at 1PM and run on the 1/2 hour ending at 4 PM.

1-1:30 for Beginners (Level 1) Children who haven't put their heads under water. **MUST BE 5 YRS OLD.**

1:30-2 for Advanced Beginners (Level 2) Children putting their heads under water and starting to float comfortably with help.

2-2:30 Intermediate (Level 3) Stroke Development (Participants with rudimentary swimming skills and floating on their own front and back.)

2:30-3:00 Advanced Intermediate (Level 4) Stroke Improvement (Focus on technique.)

3:00-3:30 Swimmers (Level 5) Stroke Refinement (Feed back is given as participants swim longer distances and over their heads.)

3:30-4:00 Advanced Swimmers (Level 6) Fitness and Water Safety (Knowledge of strokes and safety is a must as participants build to a mile long swim.)

Throughout the program water safety lessons are mixed in appropriate to age and level. **No lifeguard on duty so children are the responsibility of their parents at all times and may not be dropped off.**

