

# Percy Walker Pool

## 2017 Spring Pool Programs

**SIGN UP TODAY!**



### Swim Lessons 6 Weeks: April 24<sup>th</sup> – June 5<sup>th</sup>

Lessons offered are subject to change due to instructor availability. Please check website for specific availability or call the pool. Lessons that do not meet the minimum enrollment will be cancelled or combined with another class.

#### Length of Lesson

Preschool 1—Level 3 30min  
Level 4 –Level 5 45min

#### MONDAY

Preschool 1 -11:30am, 4pm  
Preschool 2 -4:30pm  
Preschool 3 -11am, 5pm  
Level 1 – 4pm, 5pm  
Level 2 -4:30pm  
Level 3 – 4pm, 4:30pm  
Aquadux – 5:30pm

#### TUESDAY or THURSDAY

Preschool 1 – 11am, 1:30pm  
Preschool 2 – 11:30am, 1pm

#### WEDNESDAY

Preschool 1 -11:30am, 1:30pm  
Preschool 2 -11am, 1pm, 4:30pm  
Preschool 3 -5pm  
Level 1 – 4pm  
Level 2 -4:30pm, 5pm  
Level 3 – 4pm, 4:30pm  
Aquadux – 5:30pm

#### FRIDAY

Preschool 1 4:30pm  
Level 1 4pm  
Level 2 4:30pm  
Level 3 4pm

#### Saturday

Parent & Child- 9am, 11:30am  
Preschool 1 9am, 10:30am, 11:30am  
Preschool 2 9:30am, 11am  
Preschool 3 10am  
Level 1 9:30am  
Level 2 10am, 11am  
Level 3 9am, 9:30am, 10:30am  
Level 4 9am  
Level 5 9:45am

<u>Lessons</u>	<u>30min</u>	<u>45min</u>
Resident Member	\$94	\$101
Resident Non Member	\$101	\$147
Non Resident Member	\$111	\$137
Non Resident Non Member	\$129	\$172



(781)-934-2464

[percywalkerpool@hotmail.com](mailto:percywalkerpool@hotmail.com)

New Website: [Percywalkerpool.com](http://Percywalkerpool.com)



## **Swim Lesson Definitions**

**Parent & Child** – Caregivers and children ages 6 months to 3 years explore the water together; basic water safety and basic swimming skills are introduced as well as gaining comfort being in a class environment and working with an instructor.

**Preschool 1 (ages 3-5)** – This class includes introduction to the basic skills necessary for swimming. Swimmers will gain confidence and master submerging their face in the water.

**Preschool 2 (ages 3-5)** – Continues with basic swimming skills and water safety; swimmers are starting to swim independently for. Swimmers will be taught to front float and recover.

**Preschool 3 (ages 3-5)** – Builds on the basic swimming skills and water safety; appropriate for swimmers that know how to comfortably hold their breath and float on their stomach and back independently. Swimmers will be taught dolphin kick while mastering kicking skills with front and back glides.

**Level 1** – Introduces basic swimming skills and water safety; swimmers need instructor support in the water. Swimmers will gain confidence and master submerging their face in the water.

**Level 2** – Builds on the basic skills and water safety; Students will learn to jump in the water, rollover and float as a safety skill. Swimmers advance when they can jump into the pool and tread water for 15 seconds, Swim 5 body lengths front and back.

**Level 3** – Swimmers are introduced to the front crawl, elementary backstroke, side-stroke, and water safety skills; swimmers are becoming able to swim the full length of the pool (25 yards) unassisted. Swimmers advance when they can jump into deep water and recover to the surface, tread water for 30sec-1minute, swim freestyle/elementary back stroke for 25 yards, Streamline off the wall and do a kneeling dive.

**Level 4** – This level will be working on Freestyle, Backstroke and Breaststroke. Diving will also be introduced. Swimmers will advance when they can swim Freestyle 25 yards, Breaststroke 15 yards, Backstroke 15 yards, and streamline underwater for 3-5 body lengths.

**Level 5** – All strokes are refined and advanced safety topics are introduced; swimmers will advance when they can complete 50 yards of Freestyle, 25 yards of Breaststroke, and 25 yards of Backstroke. Swimmers will also start diving from the starting blocks.

**Level 6** - This level is geared to swimmers who are preparing for swim team. Swimmers will be learning more technique as well as be introduced to the Butterfly stroke. Swimmers will be able to swim Freestyle for 100 yards with bi-lateral breathing, swim butterfly 25 yards, swim breaststroke 50 yards, and swim backstroke for 75 yards.

## **Adult Programs**

### **Aquacise**

Get in shape while in the pool! The instructor will guide the class through exercise routines that will stretch you out and help tone those muscles. You control the intensity of the workout – do what is comfortable, or challenge yourself.

Cost is \$185 for Duxbury Residents and \$215 for Non-residents.

Sessions run 16 weeks. May 1<sup>st</sup> – August 7<sup>th</sup>

Aquacise I – Monday, Tuesday & Thursday, 7:00-8:00 am

Aquacise II – Monday, Tuesday & Thursday, 8:00-9:00 am

**Adult Swim Lessons** – For all levels, beginners and those with more comfort. Please speak to an Aquatics Supervisor for more details.

## **After School Programs (Grades 2-5)**

**Friday Night Lights!** – Friday Night Lights is Back! 2nd-5th graders. Drop the kids off for some High Energy Fitness Fun! We'll have music, games, movies, lights and PIZZA! Call or stop by the front office today to sign up! Cost is \$25/child. March 24<sup>th</sup> and April 28<sup>th</sup> from 6p-8pm register now!



**Pool After School Club** – Come join our Pool After School Club! A PW will meet the children at Alden in the main lobby next to where DSU meets and walk them back to the pool. They then will change into their swimming suits, head into the pool for a few laps, then get right into some crazy pool games and then enjoy free swim. After the pool, there will be movie time before pick up, or the kids will be taken outside in the field to play if weather permits. Cost is \$135 for 1 day/week **Tuesday April 25<sup>th</sup>- May 30<sup>th</sup>** and/or **Thursday April 27<sup>th</sup> – June 1<sup>st</sup>** 2:00-4:00pm



**Aquadux** is a pre-competitive, fun way to get kids interested in the sport of swimming. We will be focusing on the 4 competitive strokes (Butterfly, Backstroke, Breaststroke, and Freestyle). Perfect for anyone who is getting ready for High School Swimming and/or for children ages 5 and up!

Practice: Monday and Wednesday 5:30-6:30pm

Fee: \$100/ 8 sessions

## Percy Walker Pool Fees

*Effective July 1, 2016*

	Monthly	6 month	Yearly
<u>Duxbury Resident membership fees</u>			
Family	\$77	\$385	\$610
Individual Adult (18-59)	\$66	\$286	\$473
Senior Couple (60+)	\$69	\$242	\$330
Senior Individual (60+)	\$66	\$203	\$269
Individual Youth (10-17 years)	\$66	\$242	\$300

### Non-resident membership fees

Family	\$115	\$660	\$1,017
Individual Adult (18 -59)	\$93	\$308	\$533
Senior Couple (60+)	\$82	\$330	\$445
Senior Individual (60+)	\$77	\$291	\$385
Individual Youth (10-17 years)	\$77	\$308	\$385

### Lesson Fees

	6 / 30 minute classes	6 / 45 minute classes
Resident member	\$94	\$101
Resident non-member	\$101	\$147
Non-resident member	\$111	\$137
Non-resident non-member	\$129	\$172

### Miscellaneous Fees

Non-member Daily Guest:

Adult (18+): \$7 (per day) Children (3-17): \$5 (per day)

Aquacise Class: Duxbury Resident \$185 Non-Resident \$215

Pool Parties: \$200 (includes 1hr in the pool plus 1hr in the Multi-purpose room)

Multi-purpose Room: \$35 per hour

Lane Rental: \$35 per Lane, per hour

Hourly Rental Rate: \$180 per hour (pool only)

Long Term Rental Rate \$145 per hour

Diving Board Rental Rate: \$70 per hour

Swim Meet fee: \$220 per hour

Private Lessons: \$35 for 30min



### Pool Membership Benefits

General Swim & Adult Swim privileges Discount on lesson fees  
Priority registration time for Swim Lessons & Pool programs

Join the  
**NEXT  
GENERATION**  
of Red Cross Training



## AMERICAN RED CROSS CERTIFICATION CLASSES

### [Lifeguard Training April Vacation 18<sup>th</sup> -21<sup>st</sup>](#)

Certification course to be a Red Cross Lifeguard; participants must be at least 15 years of age by the completion of the course, be able to swim 300 yards continuously using front crawl and breaststroke, and retrieve a 10lb. brick from a depth of 10 feet. Upon successful completion, students will possess Lifeguard, First Aid and CPR with AED certifications, valid for 2 years. This is a 30 hour course. Cost is \$340, includes all materials. *(For dates and times check Pool website).*

### [Lifeguard Recertification](#)

Re-certification course for current Red Cross Lifeguards; participants must be able to swim 300 yards continuously using front crawl and breaststroke, and retrieve a 10lb. brick from a depth of 10 feet. Upon successful completion, students will possess Lifeguard, First Aid and CPR with AED certification valid for 2 years. This is a 16 hour course. Cost is \$187. Replacement masks and books can be purchased for an additional fee. *(For dates and times check Pool website).*

### **IMPORTANT INFORMATION & POOL DEFINITIONS**

- \* Only parents and legal guardians may register their child(kids) for lessons and/or programs.
  - \* Parent & Child classes are for children 6 months to 3 years (must be with parent).
  - \* No Diapers please ("swimmie" diapers are okay)
  - \* Preschool Levels 1-3 are for children ages 3-5 years old.
  - \* Level 1 through Level 6 is for children 5 years old and above. Placement is based on child's demonstrated swimming ability.
  - \* Lessons will be made up, if possible, when cancelled due to inclement weather (snow storms, etc.). Holidays have already been factored into the lesson schedule.
  - \* Swimmers must shower before entering the pool. Board of Health regulation.
  - \* All floatation devices must be US Coast Guard approved. Children who need a flotation device must be accompanied by an adult in the water.
  - \* **ADULT SWIM:** For those individuals 18 years or older.
  - \* **GENERAL SWIM:** For people of all ages. Three lap lanes, diving board and the shallow end are open for use, unless noted on schedule. Children 9 years old & younger must be accompanied by an adult who is dressed to swim.
- Non-swimmers must be accompanied in the water by an adult.**