

PERCY WALKER POOL

2017 Summer Programs

Registration

ONLINE Only:

Pool Members: Monday, May 8th, 2017 7 pm

Non-Members: Tuesday, May 9th, 2017 7pm

(Online registration closes at midnight on the Sunday before lesson or program begins)

IN-PERSON:

Everyone: Wednesday, May 10th, 2017 at PWP during regular pool hours

Swim Lessons 8 Classes:

Session A June 26th-July 20th

Session B July 31st – August 24th

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.

	<u>Mon & Wed / Tues & Thur</u>	<u>Saturday ONLY</u>
Parent & Child	Sat Only	9am, 11:30am
Preschool 1	9am, 4pm	9am, 10:30am, 11:30am
Preschool 2	9:30am, 3:30pm	9:30am, 11am
Preschool 3	10am, 4pm	No preschool 3 on Saturday
Level 1	9am, 10am, 4pm	9:30am, 10:30am
Level 2	9:30am, 3:30pm	10am, 11am
Level 3	9am, 10am, 3:30pm	10:30am, 11:30am
Level 4	9:45am	9am
Level 5	9am	9:45am

Preschool 1-Level 3: 30min

Level 4-Level 5: 45min



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www.percywalkerpool.com



Swim Lesson Descriptions

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. 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.



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 anyone ages 5-18years!

Practice: Monday-Thursday 4:30-5:30pm

Fee: \$300 for the season

Summer Season June 26th – August 12th

Swim Meet Schedule

June 30th	1:00pm	vs	South Shore YMCA	@SSYMCA
July 7th			BYE Week	
July 14th	1:00pm	vs	Scituate Knights of Columbus	@PWP
July 21st	1:00pm	vs	Black Rock Country Club	@PWP
July 28th	1:00pm	vs	Eel River Beach Club	@PWP
August 4th	9:00am	vs	Eel River Beach Club	@ERBC
Championships at the Kingsbury Club August 11th-12th time TBA				

Swim Kids!

A Summer program for boys and girls ages 4-6. Each week includes outside games, snack time, water skills and free swim.

Time: Monday-Thursday 9:00-12:30pm

Daily Schedule

9:00-9:30am Check in
9:30-10:30am Outside
10:30am-11am Snack
11am-12pm Pool Time
12pm-12:30pm Pick up

Please Bring:

Extra change of clothes
Sunscreen
Water Bottle
Swim Suit
Towel
Snack

Session Dates:

June 26th-June 29th
July 10th-July 13th
July 17th – July 20th
July 31st-August 3rd
August 7th-August 10th

(Please label everything with your child's name)



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. 6p-8pm register now!

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. Sessions run 16 weeks. Cost is \$185 for Duxbury Residents and \$215 for Non-residents.

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.

AMERICAN RED CROSS CERTIFICATION CLASSES

Lifeguard Training

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*).

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

	8/30 minute classes	8/45 minute classes
Resident member	\$115	\$126
Resident non-member	\$126	\$181
Non-resident member	\$137	\$170
Non-resident non-member	\$159	\$214

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 (1hr pool/1hr 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

Please check our website
www.percywalkerpool.com
for our pool schedule and any updates
on summer programs

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.**