

## FLAP Memberships & Walk-In Fees

Interested in swimming laps? Want to take the kids to the pool for an evening of fun? Are your children taking swim lessons? Consider a Pool Membership as a way to take advantage of all the pool has to offer and save money.

Membership entitles you and those included in the membership to use the pool for Fitness or Lap Swimming or Open Swims without paying the Walk-In Fee.

Members also receive discounts on programs such as Youth Swim Lessons

### FLAP Memberships

	3 - Month	6-Month	1 - Year
Junior (ages 3-13)	\$35	\$55	\$84
Student (HS/College ID)	\$46	\$77	\$126
Senior (ages 65+)	\$46	\$77	\$126
Adult (ages 18+)	\$69	\$121	\$210
Family	\$92	\$165	\$294

### Walk-In Fees

Adult	\$5
Senior	\$3
Child/Student	\$3



[WWW.FREELAKEAQUATICS.ORG](http://WWW.FREELAKEAQUATICS.ORG)

Check Out Our Website!!



Freetown-Lakeville Aquatics calls the George R. Austin Intermediate School home. The school is located at 112 Howland Rd., Lakeville, MA. Main Pool Entrance can be found at the end of the pick-up/drop-off circle.

### OPEN/LAP SWIMMING

The pool is available for fitness swimming, water jogging, open recreation, etc. For a schedule of Open/Lap Swim availability please visit our website, and click "Open Swim".

### POOL PARTY RENTALS

A great idea for a birthday party or fun afternoon gathering. The pool is available to rent on Sundays. Use the pool for 1 hour and then have cake and ice cream in the cafeteria. For more information or to book a party please contact the Aquatic Director.

*For more information on these and any of our programs please visit our website.*

[WWW.FREELAKEAQUATICS.ORG](http://WWW.FREELAKEAQUATICS.ORG)



VISIT US AT

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LAKEVILLE, MA 02347

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[WWW.FREELAKEAQUATICS.ORG](http://WWW.FREELAKEAQUATICS.ORG)  
508-946-0734



*Freetown-Lakeville Regional School District  
Community Recreation Department*

June 27th - August 20th, 2011

# SUMMER 2011



June 27th, 2011

**SUMMER 2011**

**Youth Swim Lessons Begin  
Sign Up Today!!!**



**FLAP Summer  
Swim Lesson  
BOOT CAMPS**

Pack a summer's worth of swim lessons into just  
2 weeks...see inside for more details

# Swimming Anyone?

[WWW.FREELAKEAQUATICS.ORG](http://WWW.FREELAKEAQUATICS.ORG)

# YOUTH SWIM LESSONS

SUMMER 2011 - June 27th - August 20th, 2011

## Youth Swim Lessons - Instructional Levels

**Parent/Child:** Parent/Child is recommended for children ages 12 months to 3 years and teaches water orientation by combining swimming skills with parent/child and instructor interaction. Children must be potty trained and/or wear water proof swimming diapers.  
**Level 1:** (ages 3-7) An introduction to basic aquatic awareness and safety using breathing drills, blowing bubbles, floating and kicking

### LEVEL 2 (ages 4-7) and FLOUNDER (ages 8-11)

**Level 2:** Continued development of basic breathing, kicking and self-propulsion. Children can typically perform some independent "dog-paddling" skills (ages 4-7)

**Flounder:** Emphasis on kicking, breathing and self-propulsion with introductions to arm movements and floating on front and back (**This class is Level 2 for older children - ages 8-11**)

### 3-FISH (ages 4-7) and MACKEREL (ages 8-12)

**3-Fish:** Introduction to rotary breathing, freestyle, and backstroke (**This class is a Mackerel class for children under age 7**)

**Mackerel:** Introduction to rotary breathing, freestyle, and backstroke with continued development of aquatic awareness skills (ages 8-12)

### COD and BLUE (ages 9-14)

**Cod:** Emphasis on freestyle and backstroke technique with introduction to breaststroke and butterfly. Students work on swimming 50 yards (:45 minute lesson) (ages 9-14)

**Blue:** Development and refinement of all strokes with introduction to competitive swimming starts and turns. Basic water safety and rescue skills are introduced. (:45 minute lesson) (ages 9-14)

**Program Policies and other helpful information:** None of our levels use flotation devices that are attached to the swimmers. Noodles and Barbells are employed as instructional aides and confidence builders. Goggles are highly recommended for students in Mackerel, Cod, and Blue lessons.

**\*\* All lessons, except Cod and Blue levels, are 30 minutes in length. Only the Cod and Blue levels are 45 minutes in length.**



## FLAP Summer Swim Lesson Boot Camps

Have a busy summer scheduled...travel, youth sports, or summer camps? Can't commit to 8 weeks of swimming lessons, but still want your children to learn to swim and continue growing their confidence in and around the water? We have just the program...

### Introducing Summer Swim Lesson Boot Camps

The Boot Camps are 2 week sessions of swimming lessons. Participants attend Mon.-Thurs. for 2 weeks. Get the same amount of summer lessons as in our 8 week session packed into 2 weeks.

#### Here's how to sign up:

- 1). Determine your child's Lesson Level
- 2). Choose a time from the schedule below
- 3). Choose from 1 of 4 - 2 week sessions
- 4). Complete and return your registration form

### Summer Swim Lesson Boot Camp Schedule & Fees:

Lesson	Non-Member Price	Member Price*
30 Min (Level 1-Mackerel)	\$84	\$67
45 Min (Cod/Blue Only)	\$124	\$99

#### Mon-Thurs Mornings

AM
8:30 AM
Level 1
Cod/Blue (:45 min)
9:00 AM
3-Fish/Mackerel
Level 2/Flounder
9:30 AM
Level 1
Cod/Blue (:45 min)

#### Mon-Thurs Afternoons

PM
4:30 PM
Level 1
3-Fish/Mackerel
Cod/Blue (:45 min)
5:00 PM
Level 1
Level 2/Flounder

#### Session Dates

- Session 1 - 6/27 - 7/7
- Session 2 - 7/11 - 7/21
- Session 3 - 7/25 - 8/4
- Session 4 - 8/8 - 8/18

\* Member Prices Require purchase of FLAP Membership

FREETOWN LAKEVILLE

WARRIORS SWIMMING

For More information about Age Group Competitive Swimming and becoming a Warriors Swimmer, please visit our website [www.freelakeaquatics.org](http://www.freelakeaquatics.org) and click on Warriors Swimming in the menu bar on the left

Mon-Thurs Mornings  
 Mon & Wed Afternoons  
 Tue & Thurs Afternoons  
 Saturday

AM	PM	PM	SAT
8:30 AM	4:30 PM	4:30 PM	9:30 AM
Level 1 Flounder Mackerel Cod (:45 min)	Level 1 Flounder Cod (:45 min)	Level 1 Flounder Cod (:45 min)	Level 1 Flounder Mackerel Blue (:45 min)
9:00 AM	5:00 PM	5:00 PM	10:00 AM
Level 2 3-Fish	Level 2 3-Fish Mackerel	Level 2 3-Fish Mackerel	Level 2 3-Fish Cod (:45 min)
9:30 AM	All Classes will have a maximum of 4 swimmers. <b>Please sign up early!!!</b>		10:30 AM
Level 1 Flounder Mackerel Cod (:45 min)			Level 1 Flounder Mackerel Cod/Blue (:45 min)
10:00 AM			11:00 AM
Parent/Child Level 2 3-Fish Mackerel			Level 2 3-Fish Cod (:45 min)
			11:30 AM
			Level 1 Level 2 Mackerel Parent/Child

Drop off your completed Registration forms at the pool with any Lifeguard on duty. Send them snail mail to the address on the bottom of the form.

### 8 Week Session Lesson Fees

	Lessons per Session
1 Lesson/Week (Mon Only)	7 Lessons
1 Lesson/Week (Sat Only)	8 Lessons
1 Lesson/Week (Tues - Thurs)	8 Lessons
2 Lessons/Week (1 Weekday + Sat)	16 Lessons
2 Lessons/Week (M/W or Tu/Th)	16 Lessons
3 Lessons/Week (M/W or Tu/Th + Sat)	24 Lessons

30 Minute Lessons (Level 1 - Mackerel)	
Non-Member Price	Member Price*
\$74	\$59
\$84	\$67
\$84	\$67
\$160	\$128
\$160	\$128
\$227	\$181

45 Minute Lessons (Cod and Blue Levels Only)	
Non-Member Price	Member Price*
\$109	\$87
\$124	\$99
\$124	\$99
\$236	\$188
\$236	\$188
\$335	\$268



Contact us at:  
[poolprograms@freelake.org](mailto:poolprograms@freelake.org)