



Northampton Aquatic & Family Center
@ JFK Middle School, 100 Bridge Rd. Florence

Youth Swim Lessons

The Aquatic and Family Center offers swim lessons for children of all ages and abilities. Our program includes classes for Parents and Tots, Pre-Level Instruction for children ages 3-5 (floatation "bubbles" are used), and the American Red Cross Levels 1-6 for children Kindergarten-aged and up, at the beginner level through advanced swimming. Classes are 1/2hr. in length. The week following the last class is reserved for a make-up class for cancellations due to unexpected closures.

Fall Session A: September 8 - October 15

Fall Session B: October 27 - December 3*

* Fall B class times will change on the last 2 classes (12/1 & 12/8) to a 1/2 hr. later
There will be no classes on November 24th; the make-up class will be used.

Thursday classes: \$20 / \$44 / \$54

Pre-level	4:00 pm
Level 1 or 2	4:30 pm
Level 3 or 4	5:00 pm
Level 5 or 6	5:30 pm

Fall B class times will change on the last 2 classes (12/1 & 12/8) to a 1/2 hr. later.

Saturday classes: \$20 / \$44 / \$54

Pre-level	9:30 am
Level 1 or 2	10:00 am
Level 3 or 4	10:30 am
Parent/Child	11:00 am



*Fees listed in the order of Member / Non-Member / Non-Member, Non-Resident
Pre-registration is required; space is limited; minimum enrollment must be met.*

Class Descriptions:

- Parent/Child: Ages 1-5 with parent, bubbles used, emphasis on fun, covers a variety of skills and activities*
- Pre-Level: Ages 3-5, bubbles used, a variety of swimming and safety skills covered*
- Level 1: Ages 5 +, no bubbles used, beginner, basic swimming and skills are covered*
- Level 2: Ages 5 +, some experience, makes some progress swimming on own*
- Level 3: Ages 6+, can swim in deep water, goes under water, can jump in on own*
- Level 4: Ages 6+, can swim front crawl with rotary breathing, backstroke, and elementary back kick*
- Level 5: Ages 6+, can dive in and swim lengths front crawl, backstroke, breaststroke*
- Level 6: Ages 6+, can dive in, surface dive, and swim lengths front crawl, backstroke, breaststroke*

**Registrations accepted at the AFC @ JFK Middle School, 100 Bridge Rd., Florence, MA
Mon-Fri 4:00-8:00 pm & Sat 10:00 am-5:00pm and Sun 11:00 am-4:00 pm, 587-1046**

or

**Northampton Recreation Dept., 90 Locust St., Northampton, MA
Mon-Fri 8:30 am-4:30 pm, 587-1040.
www.northamptonma.gov/recreation**

