

# Suburban

Athletic & Child

September  
2012  
through  
August  
2013

The finest  
swim program  
in the  
**Metrowest**  
area

# Swim Lessons

508.879.6544 • [suburbanchild.com](http://suburbanchild.com)



# Suburban Swim Schedule 2012-13

## Session 1: September 4, 2012 – October 15, 2012

Member Online Registration: August 9, 2012  
Member Phone Registration: August 13, 2012  
Non-Member Online Registration: August 16, 2012  
Non-Member Phone Registration: August 20, 2012

No classes on September 3 and October 6-8, 2012 (Columbus Day weekend).  
Make ups on October 20-22, 2012.

## Session 2: October 29, 2012 – December 16, 2012

Member Online Registration: September 20, 2012  
Member Phone Registration: September 24, 2012  
Non-Member Online Registration: September 27, 2012  
Non-Member Phone Registration: October 1, 2012

No classes November 19 – November 25, 2012 (Thanksgiving week).

## Session 3: January 7, 2013 – February 17, 2013

Member Online Registration: December 6, 2012  
Member Phone Registration: December 10, 2012  
Non-Member Online Registration: December 13, 2012  
Non-Member Phone Registration: December 17, 2012

## Session 4: February 25, 2013 – April 7, 2013

Member Online Registration: January 17, 2013  
Member Phone Registration: January 21, 2013  
Non-Member Online Registration: January 24, 2013  
Non-Member Phone Registration: January 28, 2013

## Session 5: April 8, 2013 – May 24, 2013

Member Online Registration: March 7, 2013  
Member Phone Registration: March 11, 2013  
Non-Member Online Registration: March 14, 2013  
Non-Member Phone Registration: March 18, 2013

No classes on April 13-19, 2013 and May 25-27, 2013.  
Make ups on June 1-2, 2013.

## Session 6 (summer): May 28, 2013 – August 23, 2013

Member Online Registration: May 2, 2013  
Member Phone Registration: May 6, 2013  
Non-Member Online Registration: May 9, 2013  
Non-Member Phone Registration: May 13, 2013

Summer sessions include four 3-week sessions.  
No classes the week of July 4, 2013.

## Learn to Swim Weeks & Holiday Private Lessons

### Learn to Swim Weeks:

December 17, 2012 - December 21, 2012

February 18, 2013 - February 22, 2013

April 15, 2013 - April 19, 2013

### Holiday Private Lessons:

December 17, 2012 - January 4, 2013



## Registration Information

### Register Online:

[www.suburbanchild.com](http://www.suburbanchild.com)

### Register by Phone:

508.879.6544

## Swim Lesson Policies

**Payment:** All classes must be paid in full at the time of Registration. For your convenience we accept cash, personal checks, Visa, Mastercard and Discover.

**Refunds:** NO refunds or credits will be issued unless Suburban Child cancels the class.

**Make-ups:** Make-ups are allowed for group lessons in an existing scheduled group lesson session. For Privates, as instructor availability allows. There will be an additional fee of \$5.00 for group lessons and \$10.00 for privates. If Suburban needs to cancel the lesson there will be no fees and the class will be made up.

**Locker Rooms:** We do not allow children over the age of two in the adult locker rooms. For your convenience we have provided Parent and Child changing areas directly off the pool deck. Prices subject to change without notice.

**Special Notice:** No shoes on the pool deck. Please leave shoes in the cubbies that are located by the entrance to the pool.

**Aqua Hotline**  
phone hours are:

**Monday – Friday**  
9:00 am-10:30 am  
**Monday – Thursday**  
2:00 pm – 5:30 pm

If you cannot call during Aqua Hotline hours, leave a message and we'll call you back!

**508.879.6544**  
Ext. 37



# Parent & Child and Pre-School Swim Lessons

Ages 6 months to 7 years old. All classes are 30 minutes.

## Goldfish

Parent & Child (6 months to 3 years)

This class is for water adjustment in a relaxed atmosphere. Safety skills are the main objective, but we also work on breath control and introduce basic swimming skills. A responsible adult accompanies the child in this class.

Tuesday	9:30 am-10:00 am
Friday	10:00 am-10:30 am
Saturday	10:15 am-10:45 am
Saturday	10:00 am-10:30 am
Sunday	10:00 am-10:30 am

## Goldfish 2

Parent & Child (6 months to 3 years)

Goldfish 2 is a parent taught class. It will emphasize more one-on-one contact with the instructor, further skill development, and use of floatation devices. And of course, an enjoyable experience in the water.

Wednesday	10:00 am-10:30 am
Saturday	11:00 am-11:30 am

## Sea Pony

Pre-School (2.5 years to 7 years)

This class is designed to get children comfortable in the water with a swim instructor. Dangling on barbells, paddling with bubbles and jumping in the water are all encouraged.

Monday	10:30 am-11:00 am
Monday	1:00 pm-1:30 pm
Tuesday	9:00 am-9:30 am
Tuesday	10:30 am-11:00 am
Tuesday	3:00 pm-3:30 pm
Wednesday	11:00 am-11:30 am
Wednesday	11:30 am-12:00 pm
Thursday	10:00 am-10:30 am
Thursday	11:00 am-11:30 am
Thursday	3:30 pm-4:00 pm
Friday	9:30 am-10:00 am
Friday	11:30 am-12:00 pm
Friday	3:00 pm-3:30 pm
Saturday	10:30 am-11:00 am
Saturday	1:30 pm-2:00 pm
Saturday	9:30 am-10:00 am
Sunday	9:00 am-9:30 am
Sunday	11:30 am-12:00 pm

## Sea Horse

Pre-School (2.5 years to 7 years)

Swim up and down the pool on your own with bubbles and barbells. More jumping in, going under water and beginning to swim alone for the first time.

Monday	10:00 am-10:30 am
Monday	11:00 am-11:30 am
Monday	1:30 pm-2:00 pm
Tuesday	10:00 am-10:30 am
Tuesday	1:30 pm-2:00 pm
Tuesday	2:30 pm-3:00 pm
Tuesday	3:30 pm-4:00 pm
Tuesday	4:30 pm-5:00 pm
Wednesday	10:30 am-11:00 am
Wednesday	3:00 pm-3:30 pm
Wednesday	4:00 pm-4:30 pm
Wednesday	5:00 pm-5:30 pm
Thursday	9:30 am-10:00 am
Thursday	3:00 pm-3:30 pm
Thursday	4:00 pm-4:30 pm
Friday	10:30 am-11:00 am
Friday	1:30 pm-2:00 pm
Friday	3:30 pm-4:00 pm
Friday	4:30 pm-5:00 pm
Saturday	9:00 am-9:30 am
Saturday	9:30 am-10:00 am
Saturday	10:30 am-11:00 am
Saturday	11:30 am-12:00 pm
Sunday	1:00 pm-1:30 pm
Sunday	10:30 am-11:00 am
Sunday	10:00 am-10:30 am

## Tadpole

Pre-School (2.5 years to 7 years)

The first stroke development starts here. Swimming alone for 15 yards is the goal. No bubbles

Monday	11:00 am-11:30 am
Tuesday	11:30 am-12:00 pm
Tuesday	12:00 pm-12:30 pm
Tuesday	4:00 pm-4:30 pm
Tuesday	9:30 am-10:00 am
Wednesday	2:30pm-3:00 pm
Wednesday	3:30pm-4:00 pm
Wednesday	4:30pm-5:00 pm
Thursday	10:30 am-11:00 am
Thursday	2:00 pm-2:30 pm
Thursday	4:00 pm-4:30 pm
Friday	11:00 am-11:30 am
Friday	2:30 pm-3:00 pm
Friday	4:00 pm-4:30 pm
Saturday	9:30 am-10:00 am
Saturday	12:00 pm-12:30 pm
Saturday	12:30pm-1:00 pm
Sunday	9:30 am-10:00 am

## Frog

Pre-School (2.5 years to 7 years)

You now have made 15 yards! Let's try for 25 yards (one length of the pool). Endurance, more time spent under the water, strokes on your back and safety are the top priorities.

Monday	2:00 pm-2:30 pm
Tuesday	4:30 pm-5:00 pm
Wednesday	5:30 pm-6:00 pm
Wednesday	3:15 pm-3:45 pm
Thursday	2:30 pm-3:00 pm
Thursday	4:30 pm-5:00 pm
Friday	2:00 pm-2:30 pm
Friday	5:00 pm-5:30 pm
Saturday	11:30 am-12:00 pm
Sunday	9:30 am-10:00 am
Sunday	12:30 pm-1:00 pm

## Starfish

Pre-School (2.5 years to 7 years)

Crawl with rhythmic breathing, elementary backstroke, back crawl and endurance are stressed in this class.

Monday	3:30 pm-4:00 pm
Tuesday	3:00 pm-3:30 pm
Sunday	12:00 pm-12:30 pm

## Superstar

Pre-School (2.5 years to 7 years)

Sidestroke, breaststroke, improved crawl, back crawl and elementary back stroke are covered, as well as distance swimming.

Thursday	4:30 pm-5:00 pm
Sunday	9:00 am-9:30 am



## Group Swim Lesson Rates

Pre-School (6 lessons for 30 minutes)

	Instructor	Directors
KidsKlub Members	\$75	\$85
Non-Members	\$107	\$114

Junior/Adult (6 lessons for 45 minutes)

	Instructor	Directors
KidsKlub Members	\$85	\$95
Non-Members	\$115	\$125

## Private Swim Lesson Rates

Private (6 lessons for 30 minutes)

	Instructor	Directors
KidsKlub Members	\$160	\$170
Non-Members	\$200	\$210

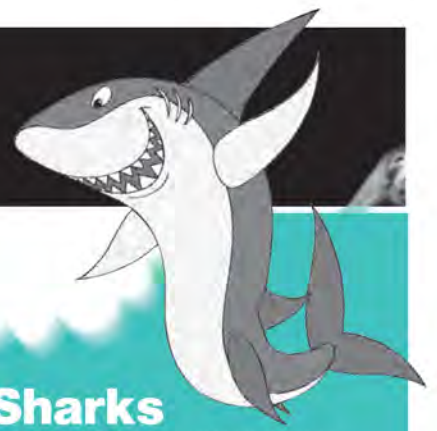
Semi-Private (6 lessons for 30 minutes)

	Instructor	Directors
KidsKlub Members	\$140	\$150
Non-Members	\$170	\$180



# Junior & Adult Swim Lessons

Ages 7 years and up. All classes are 45 minutes.



## Beginner

After mastering water adjustment, breath control and rhythmic breathing, front and back crawl are introduced.

Monday	4:30 pm-5:15 pm
Tuesday	3:30 pm-4:15 pm
Saturday	10:45 am- 11:30 am
Sunday	11:45 am- 12:30 pm

## Advanced Beginner

This class works to build endurance with the front crawl and back crawl. Elementary back stroke and safety are also introduced.

Wednesday	3:45 pm-4:30 pm
Friday	3:30 pm-4:15 pm
Saturday	10:00 am-10:45 am
Sunday	11:45 am-12:30 pm

## Intermediate

This class introduces the sidestroke, breaststroke, freestyle and distance swimming.

Wednesday	4:30 pm-5:15 pm
Friday	4:15 pm-5:00 pm
Saturday	10:45 am- 11:30 am
Sunday	11:00 am-11:45 am

## Swimmer

This course works to build stamina in freestyle, breaststroke and back crawl. Butterfly drills are introduced and shallow forward dives are taught.

Wednesday	5:15 pm-6:00 pm
Saturday	10:00 am- 10:45 am

## Competitive Stroke Clinic

A perfect opportunity to enhance your skills for competitive swimmers. For children, ages 7 years & older.

Monday or Friday	5:00 pm-5:45 pm
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## Adult Swim Training

Haven't quite mastered your fear of the water yet? Join in a great class geared to the adult who wants to learn to swim comfortably. Basic stroke technique is taught as well.

Wednesday	6:00 pm-6:45 pm
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## Extreme Sharks

This is an intense practice designed to assist in furthering a competitive swimmer's stroke, turns, starts and finishes. The coaches of the Suburban Sharks team find ways to challenge and inform swimmers through handouts on nutrition and hydration, reviewing strokes, the importance of stretching, warming up and cooling down, as well as, build endurance and strength.

Monday/Wednesday/Friday	6:00pm to 7:00 pm
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Members: \$195.00 Non-Members: \$235.00

\*This is not a standalone class, it is meant to be in addition to Sharks Swim Team (Tuesday and Thursday) This is an opportunity for swimmers to gain the competitive edge of swimming 5-6 times a week.

## Sharks

The Suburban Sharks swim team meets on Tuesday & Thursday. Diving, stroke technique, swim meet strategy, and team spirit are the focus of the team.

### Fall Season

September 4 - December 20, 2012

### Winter Season

January 8 - March 28, 2013

#### Junior Sharks

Practice 4:30 - 5pm	• Age 6 & Under
Members: \$170	• Non-Members: \$210

#### Sand Sharks

Practice 5-6pm	• Age 7 to 10
Members: \$180	• Non-Members: \$220

#### Tiger Sharks

Practice 5:30-6:45pm	• Age 11 & 12
Members: \$195	• Non-Members: \$235

#### Blue Sharks

Practice 5:15-7pm	• Age 13 to 18
Members: \$205	• Non-Members: \$245

### Spring Season

April 2 - May 16, 2013 (Tues or Thurs)  
KidsKlub Members: \$100 • Non-Members: \$130

### Summer Season

May 28 - August 8, 2013 (Tues or Thurs)  
KidsKlub Members: \$170 • Non-Members: \$210



## Red Cross Lifeguard Training

### Skills to Help Build Your Future

Are you 15 years or older and looking for a great summer job, or a challenging career? American Red Cross Lifeguard Training is the best place to start. Life guarding puts you in an exciting position, working as part of a team, to help people safely enjoy the water. Our lifeguard program includes: • Surveillance Skills: Recognize and prevent injuries • Rescue skills: in water and on land • First-aid Training and CPR for Emergencies • Lifeguard Responsibilities

**KidsKlub Members: \$255.00**

**Non-Members: \$285.00**

\*Subject to availability. Need 6 participants to register.

January 2 - January 5, 2013

February 18 - February 22, 2013

February 26 - April 4, 2013

April 9 - May 23, 2013

April 15 - April 19, 2013

May 28 - June 13, 2013

May 20 - May 24, 2013

June 18 - July 11, 2013

July 16 - August 4, 2013

Wednesday - Saturday

Monday - Friday

Tuesday & Thursday

Tuesday & Thursday

Monday - Friday

Tuesday - Thursday

Monday - Friday

Tuesday - Thursday

Tuesday - Thursday

10:00am-5:00pm

10:00am-4:00pm

7:00pm-9:00pm

7:00pm-9:00pm

10:00am-4:00pm

11:00am-2:15pm

10:00am-4:00pm

11:00am-2:15pm

11:00am-2:15pm



# Summer at Suburban

## Summer Session (Classes meet twice a week for three weeks)

<b>Session 1</b> May 28, 2013 - June 14, 2013	<b>Session 2</b> June 18, 2013 - July 12, 2013 <small>*(No lessons July 2-5)</small>	<b>Session 3</b> July 16, 2013 - August 2, 2013	<b>Session 4</b> August 6, 2013 - August 23, 2013
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### Swim Class Schedules

#### Tuesdays & Thursdays

Time	Class	Ages
9:30 am	Sea Horse	5-7
10:00 am	Goldfish 2	2.5-4
9:00 am	Tadpole	3-6
10:30 am	Frog	4-6
11:00 am	Tadpole	3-6
11:00 am	Sea Pony	2.5-5
11:30 am	Sea Pony	2.5-5
12:00 pm	Sea Horse	3-6
12:30 pm	Tadpole	3-6
2:15 pm	Adv. Beginner	7-14
2:15 pm	Intermediate	7-14
4:30 pm	S.A.C. Sharks	6-17

#### Wednesdays & Fridays

Time	Class	Ages
9:30 am	Goldfish	0.5-3
10:00 am	Sea Pony	2.5-5
10:30 am	Frog	4-6
11:00 am	Tadpole	3-6
11:30 am	Sea Pony	2.5-5
2:00 pm	Starfish	5-7
2:30 pm	Tadpole	3-6
4:00 pm	Frog	4-6
4:00 pm	Sea Pony	2.5-5
4:30 pm	Tadpole	3-6
4:30 pm	Sea Horse	3-6
5:00 pm	Intermediate	7-14
5:00 pm	Beginner	7-14

#### Saturdays or Sundays\*

June 22, 2013 - August 11, 2013

Time	Class	Ages
8:30 am	Frog	4-6
9:00 am	Tadpole	3-6
9:30 am	Sea Pony	2.5-5
9:30 am	Swimmer	7-14
10:00 am	Goldfish 2**	2.5-4
10:00 am	Sea Horse	3-6
10:15 am	Intermediate	7-14
10:30 am	Adv. Beginner	7-14
11:15 am	Beginner	7-14
12:00 pm	Goldfish	0.5-3

\*(No classes on July 6-7, 2013).

\*Attend any 6 of 7 weeks listed.

\*\*Goldfish 2 class on Saturday only

## Suburban Child

Suburban Child boasts complete children's programming like no other, to handle the molding of your child, from their early years to their teens. You can get involved anywhere along the line, from infants through 14 years old, in one of the largest, state-of-the-art complexes in the area. We would love a chance to impact your child in the years to come. Check us out at [www.suburbanchild.com](http://www.suburbanchild.com) today!



## Private Lessons available.

Call the club for details.

## Learn to Swim Weeks

**December 17, 2012 - December 21, 2012**

**February 18, 2013 - February 22, 2013**

**April 15, 2013 - April 19, 2013**

### Morning

9:00 am	Sea Horse
10:00 am	Sea Pony
10:30 am	Tadpole
11:00 am	Sea Pony
11:30 am	Sea Horse

**KidsKlub Members: \$65**

**Non-Members: \$92**

Prices subject to change without notice.

### Afternoon

1:00 pm	Frog
1:30 pm	Sea Pony
2:00 pm	Sea Horse
2:30 pm	Tadpole
3:00 pm	Sea Pony
3:30 pm	Frog, Sea Horse
3:45 pm	Advanced Beginner
4:00 pm	Tadpole, Sea Pony



# Suburban

Athletic & Child

[www.suburbanchild.com](http://www.suburbanchild.com)

*Visit us today!*

**Call today!**  
**508.879.6544**

10 Roxanna St.  
Framingham, MA 01702

## Justin's Corner

Dear Swim Enthusiasts,

Suburban Athletic Club in Framingham has had an exceptional Aquatics Program for over twenty years, known for having certified, caring and enthusiastic instructors, and for its safe environment with low teacher to student ratios. Our low-key methods create an environment that makes it easy for your child to reach his or her swimming potential, while having lots of fun!

Our programs are imaginative and fun with classes ranging from the "Goldfish" (parent & child program) to advanced beginners, competitive stroke clinics to our celebrated "Sharks" swim team. We have a swim activity for everyone in the family.

Under my direction, the staff of instructors and lifeguards are all Red Cross CPR/Lifeguard certified and are all genuinely caring and helpful. Each instructor wants your child to have the best swim experience possible.

I'd like to welcome you to our program.

*Justin Jackson*

