



AQUATICS SPRING 2: Registration will close 4/14

OPEN SWIM/LAP SWIM

Monday - Wednesday - Friday

Open swim: 4:00PM - 6:00PM

Lap swim: 6:00PM - 8:00PM

Saturday - Sunday

Open Swim: 11:30AM - 1:30PM

Lap Swim: 9:00AM - 11:30AM

Revere resident: \$6 Non Revere resident: \$8

PARENT AND CHILD: LEVEL 1

Parent & Child Level 1 introduces basic swim skills to parents and children. Parents learn how to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills to lay a foundation for learning to swim. In addition, parents are introduced to several water safety topics.

Date: Saturdays 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10, 6/17 (8 weeks)

Sundays 4/30, 5/7, 5/14, 5/21, 6/4, 6/11 (6 weeks)

Time: 9:00AM - 9:30AM

Cost: \$132 Revere residents \$144 Non Revere residents (6 weeks)

\$176 Revere residents \$192 Non Revere residents (8 weeks)

Ages: 6 months to 3 years old

PARENT AND CHILD: LEVEL 2

Parent and Child Level 2 builds on the basic swim skills introduced in Level 1. Participants improve on these skills developing more independence in the water with the support of the parents. Water safety topics for families are also included in this level.

Date: Saturdays 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10, 6/17 (8 weeks)

Sundays 4/30, 5/7, 5/14, 5/21, 6/4, 6/11 (6 weeks)

Time: 9:30AM - 10:00AM

Cost: \$132 Revere residents \$144 Non Revere residents **(6 weeks)**

\$176 Revere residents \$192 Non Revere residents **(8 weeks)**

Ages: 6 months to 3 years old

PRESCHOOL AQUATICS LEVEL 1

Preschool Aquatics Level 1 introduces basic aquatic skills, safe practices and positive attitudes around the water with the support of the instructor.

Date: Mondays 5/1, 5/8, 5/15, 5/22, 6/5, 6/12 (6 weeks)

Wednesdays 4/26, 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14 (8 weeks)

Fridays 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16 (8 weeks)

Saturdays 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10, 6/17 (8 weeks)

Sundays 4/30, 5/7, 5/14, 5/21, 6/4, 6/11 (6 weeks)

Time: Mondays, Wednesdays, Fridays, 4:00PM - 4:30PM

Saturdays and Sundays, 10:00AM - 10:30AM

Cost: \$132 Revere residents \$144 Non Revere residents **(6 weeks)**

\$176 Revere residents \$192 Non Revere residents **(8 weeks)**

Ages: 3 - 5

PRESCHOOL AQUATICS LEVEL 2

Preschool Aquatics Levels 2 swimmers continue developing confidence and coordination in the water with assistance. To join this class, swimmers are able to enter and exit the water independently, blow bubbles, open eyes underwater and retrieve objects in shallow water.

Date: Mondays 5/1, 5/8, 5/15, 5/22, 6/5, 6/12 (6 weeks)

Wednesdays 4/26, 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14 (8 weeks)

Fridays 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16 (8 weeks)

Saturdays 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10, 6/17 (8 weeks)

Sundays 4/30, 5/7, 5/14, 5/21, 6/4, 6/11 (6 weeks)

Time: Mondays, Wednesdays, Fridays, 4:30PM - 5:00PM

Saturdays and Sundays, 10:30AM - 11:00AM

Cost: \$132 Revere residents \$144 Non Revere residents **(6 weeks)**

\$176 Revere residents \$192 Non Revere residents **(8 weeks)**

Ages: 3 - 5

PRESCHOOL AQUATICS LEVEL 3

Preschool Aquatics Level 3 swimmers develop coordinated limb movement and improve endurance for independence. To join this class, swimmers are able to enter and exit water without assistance, submerge with bubbles retrieve objects and resurface independently in shoulder/chest deep water and tread water for at least 15 seconds.

Date: Mondays 5/1, 5/8, 5/15, 5/22, 6/5, 6/12 **(6 weeks)**

Wednesdays 4/26, 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14 **(8 weeks)**

Fridays 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16 **(8 weeks)**

Saturdays 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10, 6/17 **(8 weeks)**

Sundays 4/30, 5/7, 5/14, 5/21, 6/4, 6/11 **(6 weeks)**

Time: Mondays, Wednesdays, Fridays, 5:00PM - 5:30PM

Saturdays and Sundays, 11:00AM - 11:30AM

Cost: \$132 Revere residents \$144 Non Revere residents **(6 weeks)**

\$176 Revere residents \$192 Non Revere residents **(8 weeks)**

Ages: 3 - 5

Be sure to follow the City of Revere Aquatics on social media for all our most recent updates and announcements. Instagram and Twitter at @CORaquatics and on Facebook City of Revere Aquatics.

LEARN TO SWIM LEVEL 1 INTRODUCTION TO WATER SKILLS

This class introduces basic aquatic skills to start developing positive attitudes, effective swimming habits and safe practices in and around the water.

Date: Mondays 5/1, 5/8, 5/15, 5/22, 6/5, 6/12 **(6 weeks)**

Wednesdays 4/26, 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14 **(8 weeks)**

Fridays 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16 **(8 weeks)**

Saturdays 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10, 6/17 **(8 weeks)**

Sundays 4/30, 5/7, 5/14, 5/21, 6/4, 6/11 (6 weeks)

Time: Mondays, Wednesdays, Fridays, 4:00PM - 4:40PM

Saturdays and Sundays, 9:30AM - 10:10AM

Cost: \$144 Revere residents \$156 Non Revere residents (6 weeks)

\$192 Revere residents \$208 Non Revere residents (8 weeks)

Ages: 6 -12, 13-17

LEARN TO SWIM LEVEL 2

Participants develop fundamental skills, learn to glide and float without support and recover to a vertical position. Simultaneous and alternating arm and leg actions on the front and back laying the foundation for stroke development. New water safety topics are introduced, and previously acquired water safety knowledge and skills are reinforced.

Date: Mondays 5/1, 5/8, 5/15, 5/22, 6/5, 6/12 (6 weeks)

Wednesdays 4/26, 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14 (8 weeks)

Fridays 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16 (8 weeks)

Saturdays 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10, 6/17 (8 weeks)

Sundays 4/30, 5/7, 5/14, 5/21, 6/4, 6/11 (6 weeks)

Time: Mondays, Wednesdays, Fridays, 4:45PM – 5:25PM

Saturdays and Sundays, 10:15-10:55AM

Cost: \$144 Revere residents \$156 Non Revere residents (6 weeks)

\$192 Revere residents \$208 Non Revere residents (8 weeks)

Ages: 6 -12, 13-17

LEARN TO SWIM LEVEL 3

Participants learn survival floating and front crawl and elementary backstroke at rudimentary proficiency levels. Scissors and dolphin kicks are introduced and extend the focus on treading water. Safe headfirst entries into deep water from a seated position are introduced.

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Wednesdays 4/26, 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14 (8 weeks)

Fridays 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16 (8 weeks)

Saturdays 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10, 6/17 (8 weeks)

Sundays 4/30, 5/7, 5/14, 5/21, 6/4, 6/11 (6 weeks)

Time: Mondays, Wednesdays, Fridays, 5:30PM - 6:10PM

Saturdays and Sundays, 11:00AM - 11:40AM

Cost: \$144 Revere residents \$156 Non Revere residents (6 weeks)

\$192 Revere residents \$208 Non Revere residents (8 weeks)

Ages: 6 -12, 13-17

LEARN TO SWIM LEVEL 4

Participants improve their swim technique increase their endurance swimming front crawl, and elementary backstroke. Arm actions are added to the previously learned scissors kick and breaststroke kick to perform the rudimentary sidestroke, breaststroke. Back crawl and butterfly, and open turns are covered.

Date: Mondays 5/1, 5/8, 5/15, 5/22, 6/5, 6/12 (6 weeks)

Wednesdays 4/26, 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14 (8 weeks)

Fridays 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16 (8 weeks)

Saturdays 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10, 6/17 (8 weeks)

Sundays 4/30, 5/7, 5/14, 5/21, 6/4, 6/11 (6 weeks)

Time: Mondays, Wednesdays, Fridays, 5:30PM - 6:10PM

Saturdays and Sundays, 11:45AM - 12:25PM

Cost: \$144 Revere residents \$156 Non Revere residents (6 weeks)

\$192 Revere residents \$208 Non Revere residents (8 weeks)

Ages: 6 -12, 13-17

LEARN TO SWIM LEVEL 5

Participants refine their performance of all six strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase the distances that they swim. Participants also learn to perform flip turns!

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Wednesdays 4/26, 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14 (8 weeks)

Fridays 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16 (8 weeks)

Saturdays 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10, 6/17 (8 weeks)

Sundays 4/30, 5/7, 5/14, 5/21, 6/4, 6/11 (6 weeks)

Time: Mondays, Wednesdays, Fridays, 6:15PM - 6:55PM

Saturdays and Sundays, 12:30PM - 1:10PM

Cost: \$144 Revere residents \$156 Non Revere residents (6 weeks)

\$192 Revere residents \$208 Non Revere residents (8 weeks)

Ages: 6 -12, 13-17

LEARN TO SWIM LEVEL 6

To enter Level 6 Fitness Swim, participants must be able to tread water for 5 minutes, complete 50 yards of front crawl, 50 yards elementary backstroke and 25 yards of breaststroke, butterfly and side stroke and dive into deep water. To pass Level 6, swimmers are able to double the above-mentioned distances with accurate stroke technique and efficiency as well as complete a variety of dives, turns and safety skills. Swimmers are able to advance to recreational swim teams, diving lessons and junior lifeguard programs after completing Level 6 Fitness swim.

Date: Mondays 5/1, 5/8, 5/15, 5/22, 6/5, 6/12 (6 weeks)

Wednesdays 4/26, 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14 (8 weeks)

Fridays 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16 (8 weeks)

Saturdays 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10, 6/17 (8 weeks)

Sundays 4/30, 5/7, 5/14, 5/21, 6/4, 6/11 (6 weeks)

Time: Mondays, Wednesdays, Fridays, 7:00PM - 7:40PM

Saturdays and Sundays, 1:15PM - 1:55PM

Cost: \$144 Revere residents \$156 Non Revere residents (6 weeks)

\$192 Revere residents \$208 Non Revere residents (8 weeks)

Ages: 6 -12, 13-17

ADULT SWIM LEVEL 1: SWIM BASICS

Adults establish a foundation of swim skills in this course and learn how to feel comfortable and safe in the water. The objectives for this course include breath control, submersion and recovery, treading water for 1 minute, floating for at least 30 seconds, gliding and completing at least 15 yards of front crawl, breast stroke and elementary back stroke.

Date: Mondays 5/1, 5/8, 5/15, 5/22, 6/5, 6/12 (6 weeks)

Saturdays 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10, 6/17 **(8 weeks)**

Sundays 4/30, 5/7, 5/14, 5/21, 6/4, 6/11 **(6 weeks)**

Time: Mondays, 7:00PM - 7:55PM

Saturdays and Sundays, 12:00PM - 12:55PM

Cost: \$156 Revere residents \$170 Non Revere residents **(6 weeks)**

\$208 Revere residents \$226 Non Revere residents **(8 weeks)**

ADULT SWIM LEVEL 2

Adults continue to improve skills and confidence swimming in the water. The goals for this course include jumping in, swimming underwater, surface dives, treading water for 5 minutes and swimming at least 50 yards each of front crawl, breaststroke, elementary back stroke and 25 yards each of back stroke and sidestroke. Swimmers also learn turns to increase efficiency for workouts for efficiency and safety skills.

Date: Wednesdays 4/26, 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14 **(8 weeks)**

Saturdays 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10, 6/17 **(8 weeks)**

Sundays 4/30, 5/7, 5/14, 5/21, 6/4, 6/11 **(6 weeks)**

Time: Wednesdays, 7:00PM - 7:55PM

Saturdays and Sundays, 1:00PM - 1:55PM

Cost: \$156 Revere residents \$170 Non Revere residents **(6 weeks)**

\$208 Revere residents \$226 Non Revere residents **(8 weeks)**

ADULT SWIM LEVEL 3

Adult swimmers continue to develop swim stroke technique and endurance. Ultimately, they become comfortable swimming at least 100 yards of each stroke: front crawl, breast stroke, back stroke and butterfly in combination with the appropriate turns and entries. Participants pass this course with the knowledge to be safe and fit in the aquatic environment.

Date: Saturdays 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10, 6/17 **(8 weeks)**

Sundays 4/30, 5/7, 5/14, 5/21, 6/4, 6/11 **(6 weeks)**

Time: Saturdays and Sundays, 8:00AM - 8:55AM

Cost: \$156 Revere residents \$170 Non Revere residents **(6 weeks)**

\$208 Revere residents \$226 Non Revere residents **(8 weeks)**

Adaptive Swim- Ages 3-5

Mondays 5/1, 5/8, 5/15, 5/22, 6/5, 6/12 **(6 weeks)**

Adaptive Swim- Ages 6-12

Wednesdays 4/26, 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14 **(8 weeks)**

Adaptive Swim- Ages 13-17

Fridays 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16 **(8 weeks)**

Aqua Aerobics

Saturdays 5/6, 5/13, 5/20, 5/27, 6/3, 6/10, 6/17 **(7 weeks)**