

Adult Learn To Swim Program

Based on popular demand, Ayer Park Department and Sandy Pond are offering a new program, “Adult Learn to Swim”. The classes are designed to give adults an opportunity to learn how to swim in a safe and comfortable environment. Classes are tailored to fit the current swimming abilities of each individual and will be modified based on the progress a student makes through the course. For starters, instructors will assess the participants’ current level of swimming ability and work with them to attain achievable goals in becoming a better swimmer. While levels will vary greatly with each participant, here are the basic levels instructors will be offering:

Adult Introduction

This level is designed for people with little or no experience in the water and who want to improve confidence levels in and around the water. These classes will provide an understanding of the basic foundation skills required for water awareness, aquatic safety and swimming such as safe entries, submerging, floating, kicking and breathing.

Adult Beginner

This level is designed for people with some experience in the water, who would like to improve their confidence levels in and around the water and their swimming ability. These classes will provide an increased understanding of the basic skills required for water awareness, aquatic safety and swimming such as improved kicking technique, introduction to deep water, basic freestyle and backstroke technique and will enable swimmers to swim at least 12 meters of proficient freestyle, backstroke and survival strokes.

Adult Intermediate

This intermediate level is designed for people with basic swimming and water safety proficiency who want to extend these skills. The classes provide tuition in stroke development, timing and breathing and include water safety skills such as treading water and further developing survival strokes. The outcome of this course is to be able to swim proficient freestyle, backstroke, breaststroke and survival strokes for at least two laps.

You can sign up for the Adult Learn to Swim program at Ayer Town Hall or at Sandy Pond. The cost is \$40 for Ayer residents for a **five week session** (one class per week), \$50 for non-Ayer residents. Classes will be on Friday evenings from 6:30-7:30 starting Friday, July 13. Please see reverse side for registration information.

If you have any questions please feel free to contact us at Sandy Pond (978)-501-1531 or sandypond@ayer.ma.us

You may also sign up online by going to the Town of Ayer website, then to the Parks Department page and following the links to online registrations.

Adult Learn To Swim Registration

Participant(s) name _____

Address/phone: _____

Please indicate any physical limitations or pertinent medical conditions:

I hereby release, discharge and/or otherwise indemnify the Town of Ayer and the Ayer Park Department, their affiliated organization and sponsors, their employees and associated personnel, against any claims by or on behalf of the registrant as a result of the registrant's participation in the Ayer Recreational Swim Instruction Department.

Signature: _____

Please make checks payable to: Ayer Parks and Recreation

Mail this form with your check to: Ayer Town Hall

Attention: Recreation Dept.

1 Main St.

Ayer, MA 01432

Thank You for supporting the Ayer Park Department