



217 Shore Road
P.O. Box 44
North Truro, MA 02652
508-487-7946 (SWIM)
www.topmastresort.com/swimclub
beachpointswimclub@comcast.net

CHILDREN'S SWIM LESSONS

Session 1

7 Classes for \$70.00 OR Walk In for \$14

WATER BABIES / LEARN TO SWIM, Level 1

(approximately birth to 5 years, adult must be in water with child at all times)
Introduce your infant/toddler to the water, play games, sing songs, blow bubbles, play with inflatable balls and more! Older children will be taught the beginning techniques of swimming. Flotation devices are always used at this level

LEARN TO SWIM, Level 2

(approximately 3 to 5 years old, depending on individual ability)
Introduction to various strokes and techniques
Child must be comfortable swimming alone with aid of flotation devices

ADVANCED SWIM, Level 1

(approximately 5 years and older, depending on individual ability)
Learn and practice all strokes, front and back
Child needs to bring goggles and be comfortable putting their face underwater
Instructor will determine who will/will not use flotation devices

ADVANCED SWIM, Level 2

Must have successfully completed Advanced Swim Level 1 and be invited by the Instructor to join this Level
Focus will be on all 4 competitive strokes, flip turns and racing dives

- If you are unsure what level your child should sign up for, we will put you in contact with the instructor to determine this
- All classes are taught by Nancy Braun, a Red Cross Certified Water Safety Instructor
- **FULL** payment for the session is required by the **FIRST** day of class
- Payments **MUST** be made to **Beach Point Health and Swim Club**, **cash** or **checks** only please
- There are no refunds for missed classes or make up classes
- Late registrations will be considered pending space availability, with pro-rates available
- Children's goggles are available for sale at the swim club for \$10

Session 1

Class	Thursday
Water Babies & Learn To Swim, Level 1	3:30 – 4:00 pm
Learn To Swim, Level 2	4:15 – 4:45 pm
Advanced Swim, Level 1	5:00 – 5:45 pm
Advanced Swim, Level 2	6:00 – 6:45 pm



Thursday Dates
October 27 th
November 3 rd <i>(November 10th - no class)</i>
November 17 th <i>(November 24th - no class)</i>
December 1 st
December 8 th
December 15 th
December 22 nd

Class Sizes will be LIMITED, so please STOP BY to register your child and reserve their spot!
(this requires pre-paying for the class)

ADULT WATER AEROBICS

- ❖ Join us for a fun filled, lively hour of Water Aerobics set to music
- ❖ Exercise at your own pace, or challenge yourself- it's up to you!
- ❖ All Classes are taught by Nancy Braun, a Red Cross Certified Water Safety Instructor
- ❖ **Cash** and **Checks** to BPH & SC are accepted, sorry no credit cards
- ❖ Classes scheduled for 7 weeks, **Fridays from 10:00 am – 11:00 am**
- ❖ **\$70 for 7 classes OR \$14 walk in**

Adult Class Schedule: Oct 28, Nov 4, 18, Dec 2, 9, 16, 23

The Beach Point Health and Swim Club is proud to offer these swimming programs in conjunction with the Truro and Provincetown Recreation Departments



We look forward to working with you and your children! Thank you!