

# GROUP SWIM LESSONS FOR TWEENS



*at Westboro Tennis & Swim Club*

We are excited to announce two **NEW** small group sessions for 8-12 yr olds. Registration can be done online, in person or by calling 508-366-1222.

**This Session is for Swim Members only.**

## **STROKE DEVELOPMENT**

This class will teach the basics of all four strokes. You will learn to jump, surface & swim to the side and to be safe in deep water treading water.

Tuesdays from 5:30-6pm  
(11/2-12/21 | 8 wks) \$200

**OR**

\*Thursdays from 5:30-6pm  
(11/4-12/23 | 7 wks) \$175

## **STROKE REFINEMENT**

This class will work on continuing to improve coordination of strokes, streamlining, diving from the side and building endurance while maintaining their strokes.

Tuesdays from 6-6:30pm  
(11/2-12/21 | 8 wks) \$200

**OR**

\*Thursdays from 6-6:30pm  
(11/4-12/23 | 7 wks) \$175

*\*no class on Thanksgiving 11/25*