

# DUXBURY RECREATION

[www.town.duxbury.ma.us/recreation-department](http://www.town.duxbury.ma.us/recreation-department)

781-934-7034



Registration  
begins  
March 2nd!

2020

## SPRING & SUMMER

Program Guide



# REGISTRATION

**ONLINE:** begins March 2<sup>nd</sup> at 7pm

Go to: [www.town.duxbury.ma.us/recreation-department](http://www.town.duxbury.ma.us/recreation-department)  
(Click on **ONLINE REGISTRATION**)

**WALK-IN:** begins March 3<sup>rd</sup> at 8am

(At the Recreation office, 22 Washington Street)



## Easter Egg Hunt

Saturday, April 4th  
10am  
Keene St. field

This is a FREE event for  
children ages toddler  
thru 2nd grade

Bring your basket to collect eggs and get extra  
treats from the Rec Dept. staff! No rain date.



# SPRING PROGRAMS



## Girls Volleyball

For girls grades 5-8

**Fee: \$150**

*Program held at DMS*

**April 28 – May 28**

Tuesdays & Thursdays

Gr 5&6: 3:30-5pm      Gr 7&8: 5-6:30pm

This program fills quickly!

This popular program will focus on skills, drills, game play, court sense and fun! Each age group will be split into developmentally appropriate levels. Instructor: Pam Thomas, DHS Girls Varsity volleyball coach.



## Flag Football

For boys and girls gr 1&2

**Fee: \$115**

*Program held at Chandler School*

**April 29 - June 3**

Wednesdays 3:30-4:30pm

This popular after school program, run by Richard Henninger, provides a fun, non-impact introduction to football for boys and girls in grades 1&2.



## Horseback Riding

For boys and girls ages 6+ as adults

**Fee: \$140**

*Program held at Timber Hill Stables, 181 Brookdale St., Kingston [www.timberhillstable.com](http://www.timberhillstable.com)*

**Month of May: Lessons available daily between 3-5pm.**

(4 lessons / 30 min / once a week for 4 weeks)

These program is an introduction to horseback riding for children ages 6+ as well as adults. Licensed instructors and veteran horses start the riders with basic horseback riding skills, including balance, strength and coordination. Continued study available upon completion of program.



# SPRING PROGRAMS



## Pickle Ball Clinic

For adults ages 18+

*Program held at the pickleball courts (245 Summer St.)*

Days and times offered: TBA

**Fee: TBA**

Clinics offered to both beginners and more experienced players. Beginners will learn the basics as well as rules and regulations of the game. Skills clinic (for experienced players) will focus on a specific area of the game at each class. Players should bring their own racket. Instructor: Beverly Bartley



## Ice Skating

**Fee: \$160** (Price includes Annual LTSUSA Registration fee)

*Program held at The Bog in Kingston*

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

These introduction to skating lessons consist of a 40-minute lesson and 10 minute practice. Participants should bring fitted and sharpened skates, hockey or bike helmet, hat, sweat pants and gloves to each class.

Tuesdays	5:20-6:10pm	Ages 3 and up	April 28 - June 2
Tuesdays	10-10:50am	Ages 3-6	April 28 - June 2
Thursday	1-1:50pm	Ages 3-6 & Adults	April 30 - June 4
Thursday	5:10-6pm	Ages 3 and up	April 30 - June 4
Saturday	10-10:50am	Ages 3 and up	May 2 - June 6



## Adult Tennis

For adults ages 18+

**Fee: \$95**

*Program held at the Alden Street Courts*

May 4 - June 1 (No class on May 25th)

Mon and Wed Beginner: 10-11am Adv Beginner/Intermediate: 11am-12noon

Spring lessons are offered for adults in all levels at the Alden St. tennis courts. (Next to the Duxbury library). Players should bring their own racket to class.



# SPRING PROGRAMS



## Karate for Kids

For boys and girls ages 3 thru 10

**Fee: \$40**

*Program held at American Cadre Karate,  
RK Crossing, Kingston*

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

April 30—May 21 Tuesdays or Thursdays

Tiny Tigers (ages 3-6): 4:30-5pm Junior Ninjas (ages 7-10): 5:00-5:45pm



This is an introductory program (for new students only) designed to teach fitness, balance and coordination while learning introductory karate skills. Continued study possible at completion of program.



## Early Bird Bootcamp (for Women)

*Program held at the Tarkiln Community Center*

Tuesdays & Thursdays: 5:30-6:30am

**Fee: \$65 per session 4/2-4/30, 5/5-5/28, 6/2-6/30**

This total body HIIT workout (high intensity interval training) incorporates strength training, cardio and core work to challenge you and make you sweat! Work at your own pace to achieve your fitness goals in a fun and supportive environment. Instructor: Loretta Kocon



## NORTH HILL COUNTRY CLUB

(781) 934-0677

**2020 season passes are on sale now!**

Go to [www.northhillcountryclub.com](http://www.northhillcountryclub.com) for more information  
and to purchase your membership!

The North Hill Country Club is owned by the Town of Duxbury and managed by Johnson Golf Management Inc. Contractual oversight, some operating and all Capital Budget support is provided through the Recreation Department.

# Summer Programs

## GET A HEAD START ON SUMMER!

Sign up for all your favorite Summer programs beginning in March!

### Basketball Programs

#### 29th Annual Boys Basketball Clinic

For boys going into grades 5 thru 9

**Fee: \$225**

*Program held at DHS, DMS & Alden Gyms*

**July 6 - 9** Monday thru Thursday: 8:30am-2:30pm



This popular program focuses on drills, games, and fun! All participants receive a t-shirt. Coaching staff includes camp Director, Gordon Cushing, Recreation Director and DHS Varsity Basketball Coach, as well as college and high school players.

#### Skills & Will Basketball

For boys and girls going into grades 4-12

**Fee: \$150/session**

*Program held at Alden Gym*

**Week of June 22nd thru week of July 27th**

These programs are designed for working on basketball fundamentals, functional training, and game performance. Structured games will be a part of each session to allow the player to build upon newly developed skills. Instructor: BILLY CURLEY, former DHS state champion, Boston College Hall of Famer, retired NBA veteran, and current head coach of the boys varsity basketball team at Emerson College.

**NOTE: THE DAYS/TIMES ARE TENTATIVE AND SUBJECT TO CHANGE.**

Boys:

Grades 4-5: Tuesdays 5:30-7 pm

Grades 6-8: Wednesdays 5:30-7pm

Grades 9-12: Thursdays 5:30-7 pm

Girls:

Grades 4-5: Tuesdays 4-5:30 pm

Grades 6-8: Wednesdays 4-5:30pm

Grades 9-12: Thursdays 4-5:30pm

#### Small Ball Basketball

For boys and girls going into grades 1-4

**Fee: \$150**

*Program held at DHS gym*

**July 21- July 23** Tuesday thru Thursday 9am-12noon

Small Ball is a fun introduction to the game of basketball. Children will participate in drills that will teach them about footwork, passing, dribbling, and shooting in addition to playing games. Instructor: BILLY CURLEY, former Duxbury High School state champion, Boston College Hall of Famer, retired NBA veteran, and current head coach of the boys varsity basketball team at Emerson College.



# SUMMER PROGRAMS



## Tennis Clinic

For boys and girls ages 8-14

**Fee: \$150**

*Program held at DHS Tennis Courts*

**June 22-26** Monday thru Friday: 8am-12noon

This popular program will once again be offered to kids ages 8-14. Emphasis will be on conditioning, individual ball skills, games and fun! Coaching staff includes camp director Craig Drilling, Director of Athletics at Brandon Hall School in Atlanta, GA., as well as college and high school players.

## Kids Tennis Lessons

For boys and girls ages 8-14

**Fee: \$95**

*Program held at Alden St. tennis courts*

**Week of July 6th through week of August 3rd**

Mon/Wed or Tues/Thurs between 8am-12noon

A low key, fun tennis program where children learn the basics of tennis or improve their skills, depending on their ability. 1-hour lessons are held on either Mon & Wed or Tues & Thur. (Choose level and day/time at time of registration). Days/Times offered:

8-9 am: Beginner

9-10am: Advanced Beginner

10-11am: Intermediate

11am-12noon: Beginner

11am-12noon: Advanced (Tues & Thur only)

## Adult Tennis

**Fee: \$95**

*Program held at Wadsworth tennis courts*

**July 8 – July 31** Mon & Wed Beginner: 6-7pm Adv Beg & Intermediate: 7-8pm

A Summer evening tennis program will be offered to Duxbury adults who are at beginner, advanced beginner, and intermediate levels at the Wadsworth tennis courts. Participants should bring their own racket.



## Pickle Ball Clinic

For adults ages 18+

**Fee: TBA**

*Program held at the pickleball courts (245 Summer St.)*

Days and times offered: TBA

Clinics offered to both beginners and more experienced players. Beginners will learn the basics as well as rules and regulations of the game. Skills clinic (for experienced players) will focus on a specific area of the game at each class. Players should bring their own racket. Instructor: Beverly Bartley



# SUMMER PROGRAMS



## Girls Field Hockey Clinic

For girls going into grades 5 thru 9

**Fee:** \$100

*Program held at Taylor field*

**July 6-9** Monday thru Thursday 9-11:00am

Players will work on field hockey skills while also working on agility and conditioning. Emphasis on skill-building, training and fun! Instructor: Caitlin Sheehan, current teacher at DMS and former DHS coach, as well as well as counselors from local colleges and high school.

## Soccer Programs



### 21st Annual Soccer Clinic

For boys and girls ages 6-10

**Fee:** \$95

*Program held at Lower Alden Fields*

**June 22- June 25** Monday thru Thursday: 8am-11am

This popular program is for children ages 6-10 and focuses on skill development and the fun of soccer. Instructor: Richard Henninger. Counselors include college and high school players.

### Mini Dragons Soccer Clinic

For boys and girls ages 4-10

**Fee:** \$125

Program held at Lincoln St. field Monday thru Thursday 9-11am

Session I: July 20-23 (for ages 5-10)

Session II: August 3-6 (for ages 4-6)

This program is fun introduction to the game of soccer where children are taught footwork, passing, dribbling, and shooting in addition to playing games. Instructor: Kelly Turner



### Horseback Riding Clinic

For boys and girls ages 7-12

**Fee:** \$325 per session

*Program held at Timber Hill Stables, Kingston*

**Monday thru Friday: 9am-12noon**

Sessions offered: 6/22-26, 6/29-7/3, 7/6-7/10, 8/3-8/7, 8/17-8/21, 8/24-8/28

This program is for boys and girls ages 6 and up. Along with a daily riding lesson, participants experience daily horsemanship care including feeding, cleaning, and grooming.





# SUMMER PROGRAMS



## Baseball Clinic

For boys and girls ages 7-12

**Fee: \$95**

*Program held at the Tarkiln Baseball Field*

**July 13 – July 16** Monday thru Thursday 8:30-11am

Emphasis will be on a combination of skill development and fun. (T-shirt for each participant). Coaching staff includes camp Director Steve Studley, Assistant Recreation Director, Coach for Wentworth College Baseball Team, as well as college and high school players.

## Ice Skating

For all ages

*Program held at the The Bog, Kingston*

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

Days/times offered and fee will be posted in May



These introduction to skating lessons consist of a 40-minute lesson and 10 minute practice skate. Please bring fitted and sharpened skates, hockey or bike helmet, hat, sweat pants, and gloves to each class.



## Karate for Kids

For boys and girls ages 3 thru 10

**Fee: \$40**

*Program held at American Cadre Karate,*

*RK Crossing, Kingston [www.americancadrekarate.com](http://www.americancadrekarate.com)*

**Session I:** week of June 23 - July 14

**Session II:** week of August 4 - August 25

Tues or Thurs / Tiny Tigers (ages 3-6): 4:30-5pm / Jr Ninjas (ages 7-10): 5:00-5:45pm

This is an introductory program (for new students only) designed to teach fitness, balance and coordination while learning introductory karate skills. Continued study possible at completion of program.



## Early Bird Bootcamp (for Women)

*Program held at the Tarkiln Community Center*

Tuesdays & Thursdays: 5:30-6:30am

**Fee: \$65** 7/2-7/30, 8/4-8/27

Get ready for Summer! This total body workout incorporates strength training, cardio and core work to get you strong and make you feel great! Work at your own pace to achieve your fitness goals in a fun and supportive environment. Instructor: Loretta Kocon

## **CONTACT INFORMATION**

### **DUXBURY RECREATION DEPARTMENT**

[www.town.duxbury.ma.us/recreation-department](http://www.town.duxbury.ma.us/recreation-department)

(781) 934-7034

### **OFFICE LOCATION**

Girl Scout House  
22 Washington Street

### **MAILING ADDRESS**

Town Hall, 878 Tremont Street  
Duxbury, MA 02332

### **BUSINESS HOURS**

Monday thru Friday,  
8:00 am - 4:00 pm

*Have a question? Comment?*

Contact us! [duxbury.recreation@gmail.com](mailto:duxbury.recreation@gmail.com)

### **RECREATION DIRECTOR**

Gordon H. Cushing

### **RECREATION STAFF**

Steve Studley, Asst. Rec Director  
Loretta Kocon, Administrative Assistant

### **PERCY WALKER POOL**

[www.town.duxbury.ma.us/percy-walker-pool](http://www.town.duxbury.ma.us/percy-walker-pool)

175 St. George St.  
Duxbury, MA 02332  
(781)934-7034

### **MAILING ADDRESS:**

Town Hall, 878 Tremont Street  
Duxbury, MA 02332

### **AQUATIC SUPERVISOR**

Christian Cipolletti  
Email: [cipolletti@town.duxbury.ma.us](mailto:cipolletti@town.duxbury.ma.us)

### **RECREATION ACTIVITIES COMMITTEE**

Brooks Holmes, Chairperson  
Brian Campbell  
Brendan Donnelly  
Stuart McEntee  
Gary Smith  
Pat Bowles  
Peter Andrew



### **POLICIES & PROCEDURES**

- 1) Children must meet age requirements prior to the start of any program.
- 2) There will be a \$10 processing fee for all refunds processed.
- 3) There is a \$25 charge for any returned checks.
- 4) The Recreation Department reserves the right to cancel/change any program.
- 5) The Recreation Department reserves the right to limit the number of participants to any program.
- 6) Processing fee charged for online registrations is non-refundable.

### **REFUND POLICY**

Unless otherwise stated, refunds will only be available up to 5 business days prior to the first day of a program or activity, provided this does not put the program in a negative financial state. A \$10 administrative fee will be charged for processing the refund. If a program is canceled by the Recreation Dept., a full refund will be issued and no fee will be charged.

### **FINANCIAL ASSISTANCE**

All of our programs are self-supporting. If you have financial issues prohibiting your child from participating in our programs, please give us a call; we will try and do everything to make sure they participate in our programs.

### **WEATHER CANCELLATIONS**

We will text and/or email parents if there is a cancellation. Notifications will also be posted on the Rec Dept's web-site, as well as Twitter and Facebook.

### **RENTING OF TARKILN COMMUNITY CENTER . GIRL SCOUT HOUSE, TOWN FIELDS:**

Any individual or group wishing to rent the Tarkiln Community Center, Girl Scout House or any Town field (except the turf field) must submit a rental request form to the Recreation Department. Go to: [www.town.duxbury.ma.us/recreation-department](http://www.town.duxbury.ma.us/recreation-department) for information and to download a rental request form.

# Percy Walker Pool

175 St. George St.  
(781) 934-2464

[www.town.duxbury.ma.us/percy-walker-pool](http://www.town.duxbury.ma.us/percy-walker-pool)

## 2020 **SPRING & SUMMER SWIM PROGRAMS**

### Spring Lesson Registration Dates

Online Members	Monday, March 2, 2020
Online Non-Members	Tuesday, March 3, 2020
Everyone in person at the pool	Wednesday, March 4, 2020

### **SPRING SWIM LESSONS** March 14<sup>th</sup> - May 23<sup>rd</sup>

Saturdays Only (No Lessons April 25<sup>th</sup>)

<u>Class Level</u>	<u>Time</u>
Parent & Child	9-9:30am
Preschool 1	9-9:30am
Preschool 2	9:30-10am
Preschool 3	9:30-10am
Level 1	9:30-10am
Level 1	10-10:30am
Level 2	10-10:30am
Level 3	10:30-11am
Level 4	10:30-11:15am
Level 5	10:30-11:15am

### Spring Swim Lesson Fees

	10/30 min	10/45 min
Resident Member	\$143.80	\$157.50
Resident Non-Member	\$157.50	\$226.20
Non-Resident Member	\$171.30	\$212.50
Non-Resident Non-Member	\$198.80	\$267.50



# Swim Team

Aquadux Swim is a recreational swim team for boys and girls ages 6-17 that continues to grow in popularity each year. This program is for beginner as well as advanced swimmers. Focus is on stroke development, gaining confidence in the water and having fun! We practice to get better, and we race for the excitement.

## **REGISTRATION FOR THE SPRING SESSION CLOSES ON MARCH 13TH!**

Spring Session 1	March 16–April 17 (10 practices)
Spring Session 2	April 27-June 10 (13 practices) (no practice May 25th)

**Fee for Spring Session:** Session 1: \$125, to add on Fridays: +\$62.50  
 Session2: \$162.50, to add on Fridays: +\$87.50

Spring Aquadux Practice Schedule		
Aquadux Green	Monday & Wednesday	5:00-6:00pm
Aquadux White	Monday & Wednesday	6:00-7:00pm
Friday Group	Fridays	6:00-7:00pm

### **Aquadux Green:**

Aquadux Green is for our beginner swimmers. Participants can swim at least one length of the pool either on their front or their back without stopping. They may know some strokes but are still learning. Aquadux Green focuses on stroke development and gaining confidence in the water.

### **Aquadux White:**

Aquadux White is geared towards more advanced swimmers. Participants are generally ages 10 and up and can swim at least 50 yards or more without stopping. Aquadux White also focuses on stroke development, gaining stroke confidence and competing in swim meets.

## **Summer Aquadux Practice Schedule**

The Summer Aquadux session runs June 22nd - August 14th

Fee: \$350

Aquadux Green	Monday thru Thursday	4:30-5:30pm
Aquadux White	Monday thru Thursday	5:30-6:30pm
Swim Meets	Fridays	1:00pm-3:00pm
Championships August 13th and 14th		

# SUMMER SWIM PROGRAMS

## Summer Lesson Registration

Online Members	Monday, March 2, 2020
Online Non-Members	Tuesday, March 3, 2020
Everyone in person at the pool	Wednesday, March 4, 2020

### *Summer Lesson Dates*

Summer Lessons: Session A	June 22nd - July 15th
Summer Lessons: Session B	July 27th - August 19th
Summer Lessons: Saturday Only	July 11th - August 29th
Summer Aquadux	June 22nd - August 14th

*Lessons are subject to change. Check the pool's website for the most up to date information.*

### ***Session A: June 22nd - July 15th (no class on 7/4)***

<i>Monday &amp; Wednesday June 22 - July 15</i>	
9:00-9:30am	Preschool 1
9:30-10:00am	Preschool 2
9:30-10:00am	Preschool 3
9:30-10:00am	Level 1
10:00-10:30am	Level 1
10:00-10:30am	Level 2
10:30-11:00am	Level 3
10:30-11:15am	Level 4
10:30-11:15am	Level 5
3:00-3:30pm	Preschool 1
3:00-3:30pm	Preschool 2
3:30-4:00pm	Preschool 3
3:30-4:00pm	Level 2
4:00-4:30pm	Level 3
4:00-4:45pm	Level 4

<i>Tuesday &amp; Thursday June 23 - July 16</i>	
9:00-9:30am	Preschool 1
9:30-10:00am	Preschool 2
9:30-10:00am	Preschool 3
9:30-10:00am	Level 1
10:00-10:30am	Level 1
10:00-10:30am	Level 2
10:30-11:00am	Level 3
10:30-11:15am	Level 4
10:30-11:15am	Level 5
3:00-3:30pm	Preschool 1
3:00-3:30pm	Preschool 2
3:30-4:00pm	Preschool 3
3:30-4:00pm	Level 2
4:00-4:30pm	Level 3
4:00-4:45pm	Level 4

# SUMMER SWIM PROGRAMS

## *Session B: July 27th - August 19th*

<b>Monday &amp; Wednesday July 27 - August 19th</b>	
9:00-9:30am	Preschool 1
9:30-10:00am	Preschool 2
9:30-10:00am	Preschool 3
9:30-10:00am	Level 1
10:00-10:30am	Level 1
10:00-10:30am	Level 2
10:30-11:00am	Level 3
10:30-11:15am	Level 4
10:30-11:15am	Level 5
3:00-3:30pm	Preschool 1
3:00-3:30pm	Preschool 2
3:30-4:00pm	Preschool 3
3:30-4:00pm	Level 2
4:00-4:30pm	Level 3
4:00-4:45pm	Level 4

<b>Tuesday &amp; Thursday July 28th - August 18th</b>	
9:00-9:30am	Preschool 1
9:30-10:00am	Preschool 2
9:30-10:00am	Preschool 3
9:30-10:00am	Level 1
10:00-10:30am	Level 1
10:00-10:30am	Level 2
10:30-11:00am	Level 3
10:30-11:15am	Level 4
10:30-11:15am	Level 5
3:00-3:30pm	Preschool 1
3:00-3:30pm	Preschool 2
3:30-4:00pm	Preschool 3
3:30-4:00pm	Level 2
4:00-4:30pm	Level 3
4:00-4:45pm	Level 4

### **Saturday Only Lessons** July 11th - August 29th

9:00-9:30am	Parent & Child
9:00-9:30am	Preschool 1
9:30-10:00am	Preschool 2
9:30-10:00am	Preschool 3
9:30-10:00am	Level 1
10:00-10:30am	Level 1
10:00-10:30am	Level 2
10:30-11:00am	Level 3
10:30-11:15am	Level 4
10:30-11:15am	Level 5

### Summer Swim Lesson Fees

	8/30 min	8/45 min
Resident Member	\$115	\$126
Resident Non-Member	\$126	\$181
Non-Resident Member	\$137	\$170
Non-Resident Non-Member	\$159	\$214
Private Lessons	\$35/30min	

# Swim Kids!



A Summer program for boys and girls ages 4-6. Each week includes outside games, snack time, water skills and free swim. You do not have to be a strong swimmer to participate. Lifejackets are available at the pool for those children who need them. Program runs Mon-Thur 9am-12:30pm.  
 Fee: Members: \$115 (\$103.50 2nd child/\$92 3+ children)  
 Non-Member: \$120 (\$108 2nd child/ \$96 3+ children)

DAILY SCHEDULE	
9:00am-9:30am	Check in
9:30am-10:30am	Outside
10:30am-11am	Snack Time
11:00am-12:00pm	Pool Time
12:00pm-12:30pm	Pick up

Session Dates:	
Week 1:	June 22-25
Week 2:	July 6-9
Week 3:	July 13-16
Week 4:	July 20-23
Week 5:	July 27-30
Week 6:	August 3-6
Week 7:	August 10-13

## Water Aerobics

February 24th - June 11th



Each hour long class is led by an instructor who will guide the class through exercise routines that will stretch you out and help tone those muscles. You control the intensity of the workout – do what is comfortable or challenge yourself! Sign up for either the 7am or 8am class. Price for each session (16 weeks):

Duxbury Residents	\$195
Duxbury Senior Resident (60+)	\$175.50
Non Duxbury Resident	\$225
Non Duxbury Senior Resident (60+)	\$213.75

## **AMERICAN RED CROSS CLASSES**

### **Lifeguard Recertification**



Re-certification course for current Red Cross Lifeguards; participants must be able to swim 300 yards continuously using front crawl and breaststroke and retrieve a 10lb. brick from a depth of 10 feet. Upon successful completion, students will possess Lifeguard, First Aid and CPR with AED certification valid for 2 years. This is a 16-hour course. Replacement masks and books can be purchased for an additional fee.

*(Check the pool's website for fee, dates and additional information).*

### **Swim Level Descriptions**

**Parent & Child** – Caregivers and children ages 6 months to 3 years explore the water together; basic water safety and basic swimming skills are introduced as well as gaining comfort being in a class environment and working with an instructor.

**Preschool 1 (ages 3-5)** – This class includes introduction to the basic skills necessary for swimming. Swimmers will gain confidence and master submerging their face in the water.

**Preschool 2 (ages 3-5)** – Continues with basic swimming skills and water safety; swimmers are starting to swim independently for. Swimmers will be taught to front float and recover.

**Preschool 3 (ages 3-5)** – Builds on the basic swimming skills and water safety; appropriate for swimmers that know how to comfortably hold their breath and float on their stomach and back independently. Swimmers will be taught dolphin kick while mastering kicking skills with front and back glides.

**Level 1** – Introduces basic swimming skills and water safety; swimmers need instructor support in the water. Swimmers will gain confidence and master submerging their face in the water.

**Level 2** – Builds on the basic skills and water safety; Students will learn to jump in the water, rollover and float as a safety skill. Swimmers advance when they can jump into the pool and tread water for 15 seconds, Swim 5 body lengths front and back.

**Level 3** – Swimmers are introduced to the front crawl, elementary backstroke, side-stroke, and water safety skills; swimmers are becoming able to swim the full length of the pool (25 yards) unassisted. Swimmers advance when they can jump into deep water and recover to the surface, tread water for 30sec-1minute, swim freestyle/elementary back stroke for 25 yards, Streamline off the wall and do a kneeling dive.

**Level 4** – This level will be working on Freestyle, Backstroke and Breaststroke. Diving will also be introduced. Swimmers will advance when they can swim Freestyle 25 yards, Breaststroke 15 yards, Backstroke 15 yards, and streamline underwater for 3-5 body lengths.

**Level 5** – All strokes are refined and advanced safety topics are introduced; swimmers will advance when they can complete 50 yards of Freestyle, 25 yards of Breaststroke, and 25 yards of Backstroke. Swimmers will also start diving from the starting blocks.



### Percy Walker Membership Fees

Effective July 1, 2017

	Monthly	6 month	Yearly
<u>Duxbury Resident membership fees</u>			
Family	\$77	\$385	\$610
Individual Adult (18-59)	\$66	\$286	\$473
Senior Couple (60+)	\$69	\$242	\$330
Senior Individual (60+)	\$66	\$203	\$269
Individual Youth (10-17 years)	\$66	\$242	\$300
<u>Non-resident membership fees</u>			
Family	\$115	\$660	\$1,017
Individual Adult (18 -59)	\$93	\$308	\$533
Senior Couple (60+)	\$82	\$330	\$445
Senior Individual (60+)	\$77	\$291	\$385
Individual Youth (10-17 years)	\$77	\$308	\$385

**Please check our website**  
[www.town.duxbury.ma.us/percy-walker-pool](http://www.town.duxbury.ma.us/percy-walker-pool)  
**for the daily swim schedule and any updates on**  
**Spring and Summer programs**

#### **IMPORTANT INFORMATION & POOL DEFINITIONS**

- \* Only parents and legal guardians may register their child(ren) for lessons and/or programs.
  - \* Parent & Child classes are for children 6 months to 3 years (must be with parent).
  - \* No Diapers please ("swimmie" diapers are okay)
  - \* Preschool Levels 1-3 are for children ages 3-5 years old.
  - \* Level 1 through Level 6 is for children 5 years old and above. Placement is based on child's demonstrated swimming ability.
  - \* Lessons will be made up, if possible, when cancelled due to inclement weather (snow storms, etc.). Holidays have already been factored into the lesson schedule.
  - \* Swimmers must shower before entering the pool. Board of Health regulation.
  - \* All flotation devices must be US Coast Guard approved. Children who need a flotation device must be accompanied by an adult in the water.
  - \* **LAP/ADULT SWIM:** For those individuals 18 years or older.
  - \* **OPEN SWIM:** For people of all ages. Three lap lanes, diving board and the shallow end are open for use, unless noted on schedule. Children 9 years old & younger must be accompanied by an adult who is dressed to swim.
- Non-swimmers must be accompanied in the water by an adult.**

# Rec Department & Percy Walker Pool Fun programs in every Season!

