

# BENEFITS OF SWIMMING

**DEDHAM HEALTH**  
& Athletic Complex



200 Providence Highway, Dedham MA 02026  
781-326-2900 • [www.dedhamhealth.com](http://www.dedhamhealth.com)



## SAFETY

Learning to swim is crucial to ensure the safety of children and adults in the water. Having the ability to swim gives people the chance to enjoy the water in a safe and fun environment.

## HEALTH

The sport of swimming helps maintain good physical condition. Not only does it have immediate results, but it also has long lasting effects on the body:

- Improvement of coordination
- Decreased chance of obesity
- Improves oxygen delivery to muscles.

## WELL BEING

Swimming is beneficial to the growth of an individual's mental health. While engaging in physical activities, endorphins in the body are activated. Endorphins give people the sense of happiness and can act as a "natural pain killer." Through swimming, people are able to trigger these endorphins and be naturally happier.

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Waterbabies to Adults  
DHAC Family Member Cost: \$171  
Non-Member Cost: \$207

6 Students to 1 Instructor

Classes 7 Days a Week

Heated Pool

Certified Instructors

Licensed Lifeguards

Salt Pure Pool

Ages 6 Months and Up

**SESSION 1: Sept 9 - Nov 10**

**SESSION 2: Nov 11 - Feb 2**

Breaks: Nov. 18 - 24, 2018 • Dec. 23, 2018 - Jan. 5, 2019

**SESSION 3: Feb 3 - Apr 13**

Break: Feb. 17 - 23, 2019

**SESSION 4: Apr 21 - Jun 22**

# KID'S PROGRAMS SWIMMING LESSONS



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## FOUR - 9 WEEK SESSIONS

	Sunday		Saturday
9:00 am	Water Babies	8:00 am	
	Swim Tots		
	Level 1		Water Babies
9:35 am	Swim Tots	8:35 am	Swim Tots
	Level 1		Swim Tots
	Level 2		Level 1
10:10 am	Swim Tots	9:10 am	Water Babies
	Level 1		Swim Tots
	Youth Beginner		Level 1
10:45 am	Level 1	9:45 am	Swim Tots
	Level 3		Level 2
	Level 2		Level 1
11:20 am	Swim Tots	10:20 am	Level 3
	Level 2		Level 2
	Water Babies		Water Babies
1:00 pm	Level 1	10:55 am	Swim Tots
	Level 3		Level 2
	Swim Tots	11:30 am	Swim Tots
1:35 pm	Level 2		Level 1
			Level 1
3:55 pm	Youth Beginner	12:05 pm	Level 3
	Level 2		
	Level 3		Adult Beginner
4:30 pm	Level 4	3:00 pm	Level 1
	Level 3		Level 2
	Swim Tots		Tots
5:05 pm	Level 1	3:35 pm	
		4:10 pm	Level 1

	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 am	Level 1	Water Babies	Swim Tots	Swim Tots	Water Babies
10:05 am	Swim Tots	Swim Tots	Level 1	Water Babies	Swim Tots
10:40 am	Water Babies	Level 1	Water Babies	Level 1	Level 1
3:45 pm	Level 1	Level 1	Level 2	Level 1	Level 2
	Swim Tots	Level 2	Swim Tots	Swim Tots	Swim Tots
4:20 pm	Level 2	Swim Tots	Level 1	Level 3	Level 1
	Level 1	Level 1	Level 2	Level 4	Level 3
4:55 pm	Level 4	Level 1	Level 2	Level 1	Level 2
	Level 3	Level 2	Level 3	Level 2	Level 1
5:30 pm		Level 3	Level 4	Pre-Team (1hr)	Level 3
		Adult Beginner	Level 1		Youth Beginner
6:05 pm			Pre-Team (1hr)		Level 1
					Swim Tots

### Waterbabies (6months - 2 ½ years)

#### Parent Participation Required

A class of interactive water play to encourage a positive experience in the water while learning essential skills for swimming. As a parent participation class, the ratio is 12:1.

#### \*Levels 1- 4:

Are based on the American Red Cross Learn to Swim Program. Level 1 starts when the participant has passed Swim Tots or the participant is comfortable in the water. We work on Front Crawl, Backstroke, floating, and dives in this level. Our program continues up to Level 4 in which we review the basics of all competitive strokes as well as flip turns, open turns, and racing starts off of diving blocks. We work on technique and endurance in all of our levels while still having fun.

### \*Swim Tots: (2 ½ -4 yrs)

#### NO ADULT PARTICIPATION

The child may or may not have prior swimming experience. Our instructors work with your child to increase comfort level in the water. The child must wear swimsuit and a swim diaper until potty trained.

### \*Youth Beginner: (7yrs and Up)

This class is designed for older children who wish to learn the basics of swimming. The class will be centered on becoming comfortable in the water and learning the fundamental swimming skills of Front Crawl and Backstroke.

### \*The ratio is 6:1

### Waterbabies to Adults

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Non-Member Cost: \$207

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### Adult Lessons:

Beginner classes are designed to teach the basics in swimming ( Front Crawl and Backstroke). Participants may or may not have prior swimming experience. Intermediate is designed for adults who have prior swimming experience. We focus on refining all competitive strokes.

### Pre-Team: (7yrs and Up)

Swimmers must be able to swim 100 yards for all competitive strokes, as well as flip turns and speed turns. This is a 1-hour workout in which pace and sports conditioning are introduced

#### PRE-TEAM PRICING

	DHAC Member	Non DHAC Member
1 Class/WK/Session	\$225	\$252
2 Classes/WK/Session	\$414	\$468

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