



Recreation Department
20 Sanderson Street
Greenfield, MA 01301 413-772-1553 phone 413-773-0115 fax

We create community through people, parks, and programs!

Summer Programs

↓ Swim Lessons

SWIM CLASS DESCRIPTIONS

The Greenfield Recreation swim program is designed to help swimmers at every level to experience more success and less frustration with learning the fundamentals of swimming. Below are descriptions for each level of the program. All lessons held at the Green River Swimming Area.



Wave Runners - ages 3 and 4

Exploration of water activities and readiness. Parent is not with child during lesson.

Level 1 - Water Exploration - ages 5 and above

Learn to hold breath under water; float front and back; kick on front and back with help; walk in shallow end.

Level 2 - Primary Skills

Must have passed Level 1. Learn to swim underwater; float without help; flutter kick; swim combined strokes for distance; retrieve object from shallow end.

Level 3 - Stroke Readiness

Must have passed Level 2. Bobbing in water overhead; learn diving; front and back crawl strokes; elementary backstroke; reverse direction without stopping; tread water for time.

Level 4 - Stroke Development

Must have passed Level 3. Deep water bobbing; rotary breathing; deep water diving; swim 4 basic strokes for distance; tread water for time with different stroke kicks.

SWIM LESSONS

DATE Monday - Thursday

PLACE Green River Swim Area

FEE \$25 Per Person Per Session

NOTE Friday is make up day as needed.
Registration Deadlines: Session 1 - July 5th, Session 2 - July 11th, \$5 Late Fee

SESSION 1 - JULY 11 - JULY 14

TIME	LEVEL	CODE
10:00-10:30 am	Level 4	10584A
10:35-11:05 am	Level 3	10583A
11:10-11:40 am	Level 2	10582A
11:45-12:15 pm	Level 1	10581A
12:20-12:50 pm	Wave Runners	10580A

SESSION 2 - JULY 18 - JULY 21

TIME	LEVEL	CODE
10:00-10:30 am	Level 4	10584B
10:35-11:05 am	Level 3	10583B
11:10-11:40 am	Level 2	10582B
11:45-12:15 pm	Level 1	10581A
12:20-12:50 pm	Wave Runners	10580B