



Longfellow Natick Group Lesson Schedule 2025-2026

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	SATURDAYS
10am - 10:30am Preschool 1				9:00am - 9:30am Parent/Infant Tot
10:30am - 11:00am Preschool 2	10:30am - 11:00am Preschool 2	10:30am - 11:00am Preschool 3	10:30am - 11:00am Preschool 1	9:30am - 10:00am Parent/Infant Tot
			1pm - 1:30pm Adult Class	10:00am - 10:30am Levels: Pre 1, Pre 2
3:30pm - 4:00pm Level 3, 4	3:30pm - 4:00pm Levels: 2, 4	3:30pm - 4:00pm Levels: 1, 3	3:30pm - 4:00pm Levels: 2, 4	10:30am - 11:00am Levels: 2, Pre 2, Pre 3
4:00pm - 4:30pm Levels: 2, 4	4:00pm - 4:30pm Levels: 3	4:00pm - 4:30pm Levels: 2, 3	4:00pm - 4:30pm Levels: Pre 2, 3	11:00am - 11:30pm Levels: 3, Pre 1, Pre 2
	4:30pm - 5:00pm Levels: Pre 2 4:30 - 5:15pm Swim Team Prep		4:30pm - 5:00pm Levels: Pre 1 4:30 - 5:15pm Swim Team Prep	

30 min lesson (\$22 / \$32) / 45 min lesson (\$33 / \$48)

2025-2026 Annual Schedule

Fall Session: 11/15 - 12/20 (No class 11/24-30) (5 weeks)

Winter Session: 1/5 - 3/7 (No class 2/16-21) (8 weeks)

Spring Session: 3/16 - 5/9 (No class 4/20-24) (7 weeks)

All Non-Members are welcome to join one trial session of group lessons for an additional guest fee.

American Red Cross Group Swim Lesson Class Levels & Descriptions

Infant, Toddler (w/parent) -- ages 6 months – 3 years

A parent & child class which helps introduce water adjustment skills to children. Techniques are taught through various activities.

Preschool 1 -- ages 2.5yrs-5 yrs

For children ready to swim without a parent. Basic skills covered include entering and exiting water, blowing bubbles, floating with assistance, basic kicking, and arm motion.

Preschool 2 -- ages 2.5yrs-5 yrs

For new swimmers with some water experience. Focus on developing basic skills: blowing bubbles, floating with assistance, kicking, and arms with assistance.

Preschool 3 -- ages 2.5yrs-5 yrs

For children who can float on their front and back independently, submerge their face, and perform basic kicking and arm motions.

Youth Level 1 (Introduction to Water Skills) -- ages 5-12

For young swimmers with no previous experience. Focus on basic skills such as bubble blowing, supported floating, and kicking. Floatation devices ("bubbles") are not used in any classes.

Youth Level 2 (Fundamental Aquatic Skills) -- ages 5-12

Teaches students to float and swim independently on their front and back with support, working toward independent swimming.

Youth Level 3 (Stroke Development) -- ages 5-12

Participants learn rotary breathing, front crawl, back crawl, and the beginning of the elementary backstroke. Many skills are covered, and students may repeat this level before advancing to level 4.

Youth Level 4 (Stroke Improvement) -- ages 5-12

Participants refine front and back crawl, breaststroke, and sidestroke coordination. Butterfly is introduced. Treading water, sculling, diving, and surface dives are covered.

Youth Level 5&6 (Stroke Refinement) -- ages 5-12

Focus on improved technique and endurance from level 4. Front crawl, backstroke, breaststroke, and butterfly strokes are refined.

Swim Team Prep

This 45-minute class serves as a bridge between lessons and swim team. All four competitive strokes (freestyle, backstroke, breaststroke, and butterfly) are refined. Stroke drills and swim sets are introduced. Participants learn how to read a pace clock and swim longer distances. Competitive starts and turns are covered.

Adult Lesson

For adults interested in learning the fundamentals for various strokes. The focus will be on individual corrections, endurance, and learning different techniques and drills to work on different aspects of swimming with a whole body approach.