Longfellow Tennis & Health Club

Healthy Mind Body Planet

SWIM ACADEMY

THE ACADEMY HANDBOOK

NOV 30 , '26 - FEB 27 '26

Longfellow, Wayland MA

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*PLEASE SIGN, PRINT AND RETURN TO AQUATICS PROGRAM PRIOR TO STARTING YOUR SESSION. THANK YOU.

AQUATICS ACADEMY APPLICATION
(PLEASE SIGN, PRINT, RETURN)

SWIMMER'S NAME: _____

MEMBERSHIP NUMBER :

D.O.B.:_____/____/_____ *IF APPLICABLE _____

LOCAL ADDRESS:_____

E-MAIL ADDRESS:_____

:_____* PLEASE LIST BEST CONTACT NUMBER

PARENT / GUARDIAN NAME (S):_____

CLASS INFORMATION

LEVEL: DAY: TIME:

EMERGENCY CONTACT

NAME: RELATION: :

PAYMENT INFORMATION

PAYMENT DATE: AMOUNT: STAFF INITIALS:

CREDIT CARD#: EXPIRATION:

WAIVER:

I recognize the risk of injury in any exercise program and my child is participating upon the express agreement and understanding that I am hereby waiving and releasing The Longfellow Club from any and all claims, costs, liabilities, and injuries while on the premises.

SIGNATURE:

_____

PRINTED NAME:

_____

DATE OF SIGNATURE:

_____/_____/_____

DECEMBER 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	30 GROUPS: 4:00 - 4:30: PRESCHOOL L1 4:00 - 4:45: SWIM TEAM PREP 4:30 - 5:00: PRESCHOOL L2 5:00 - 5:30: YOUTH L2	**1** GROUPS: 4:00 - 4:30: PRESCHOOL L2 4:30 - 5:00: YOUTH L3 5:00 - 5:30: YOUTH L2	**2** GROUPS: 4:00 - 4:30: PRESCHOOL L1 4:30 - 5:00: YOUTH L2	**3** GROUPS: 4:00 - 4:30: YOUTH L2 4:30 - 5:00: YOUTH L3 5:00 - 5:30: YOUTH L4	**4**	**5** GROUPS: 9:00 - 9:30: PRESCHOOL L1 9:30 - 10:00 PRESCHOOL L2
6	**7** GROUPS: 4:00 - 4:30: PRESCHOOL L1 4:00 - 4:45: SWIM TEAM PREP 4:30 - 5:00: PRESCHOOL L2 5:00 - 5:30: YOUTH L2	**8** GROUPS: 4:00 - 4:30: PRESCHOOL L2 4:30 - 5:00: YOUTH L3 5:00 - 5:30: YOUTH L2	**9** GROUPS: 4:00 - 4:30: PRESCHOOL L1 4:30 - 5:00: YOUTH L2	**10** GROUPS: 4:00 - 4:30: YOUTH L2 4:30 - 5:00: YOUTH L3 5:00 - 5:30: YOUTH L4	**11**	**12** GROUPS: 9:00 - 9:30: PRESCHOOL L1 9:30 - 10:00 PRESCHOOL L2
13	**14** GROUPS: 4:00 - 4:30: PRESCHOOL L1 4:00 - 4:45: SWIM TEAM PREP 4:30 - 5:00: PRESCHOOL L2 5:00 - 5:30: YOUTH L2	**15** GROUPS: 4:00 - 4:30: PRESCHOOL L2 4:30 - 5:00: YOUTH L3 5:00 - 5:30: YOUTH L2	**16** GROUPS: 4:00 - 4:30: PRESCHOOL L1 4:30 - 5:00: YOUTH L2	**17** GROUPS: 4:00 - 4:30: YOUTH L2 4:30 - 5:00: YOUTH L3 5:00 - 5:30: YOUTH L4	**18**	**19** GROUPS: 9:00 - 9:30: PRESCHOOL L1 9:30 - 10:00 PRESCHOOL L2
20	**21** WINTER BREAK	**22** WINTER BREAK	**23** WINTER BREAK	**24** WINTER BREAK	**25**	**26** WINTER BREAK
27	**28** WINTER BREAK	**29** WINTER BREAK	**30** WINTER BREAK	**31** WINTER BREAK		

JANUARY 2027

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28 GROUPS: 4:00 - 4:30: PRESCHOOL L1 4:00 - 4:45: SWIM TEAM PREP 4:30 - 5:00: PRESCHOOL L2 5:00 - 5:30: YOUTH L2	29 GROUPS: 4:00 - 4:30: PRESCHOOL L2 4:30 - 5:00: YOUTH L3 5:00 - 5:30: YOUTH L2	30 GROUPS: 4:00 - 4:30: PRESCHOOL L1 4:30 - 5:00: YOUTH L2	31 GROUPS: 4:00 - 4:30: YOUTH L2 4:30 - 5:00: YOUTH L3 5:00 - 5:30: YOUTH L4	1	2 GROUPS: 9:00 - 9:30: PRESCHOOL L1 9:30 - 10:00 PRESCHOOL L2
3	4 GROUPS: 4:00 - 4:30: PRESCHOOL L1 4:00 - 4:45: SWIM TEAM PREP 4:30 - 5:00: PRESCHOOL L2 5:00 - 5:30: YOUTH L2	5 GROUPS: 4:00 - 4:30: PRESCHOOL L2 4:30 - 5:00: YOUTH L3 5:00 - 5:30: YOUTH L2	6 GROUPS: 4:00 - 4:30: PRESCHOOL L1 4:30 - 5:00: YOUTH L2	7 GROUPS: 4:00 - 4:30: YOUTH L2 4:30 - 5:00: YOUTH L3 5:00 - 5:30: YOUTH L4	8	9 GROUPS: 9:00 - 9:30: PRESCHOOL L1 9:30 - 10:00 PRESCHOOL L2
10	11 GROUPS: 4:00 - 4:30: PRESCHOOL L1 4:00 - 4:45: SWIM TEAM PREP 4:30 - 5:00: PRESCHOOL L2 5:00 - 5:30: YOUTH L2	12 GROUPS: 4:00 - 4:30: PRESCHOOL L2 4:30 - 5:00: YOUTH L3 5:00 - 5:30: YOUTH L2	13 GROUPS: 4:00 - 4:30: PRESCHOOL L1 4:30 - 5:00: YOUTH L2	14 GROUPS: 4:00 - 4:30: YOUTH L2 4:30 - 5:00: YOUTH L3 5:00 - 5:30: YOUTH L4	15	16 GROUPS: 9:00 - 9:30: PRESCHOOL L1 9:30 - 10:00 PRESCHOOL L2
17	18 GROUPS: 4:00 - 4:30: PRESCHOOL L1 4:00 - 4:45: SWIM TEAM PREP 4:30 - 5:00: PRESCHOOL L2 5:00 - 5:30: YOUTH L2	19 GROUPS: 4:00 - 4:30: PRESCHOOL L2 4:30 - 5:00: YOUTH L3 5:00 - 5:30: YOUTH L2	20 GROUPS: 4:00 - 4:30: PRESCHOOL L1 4:30 - 5:00: YOUTH L2	21 GROUPS: 4:00 - 4:30: YOUTH L2 4:30 - 5:00: YOUTH L3 5:00 - 5:30: YOUTH L4	22	23 GROUPS: 9:00 - 9:30: PRESCHOOL L1 9:30 - 10:00 PRESCHOOL L2
24	25 GROUPS: 4:00 - 4:30: PRESCHOOL L1 4:00 - 4:45: SWIM TEAM PREP 4:30 - 5:00: PRESCHOOL L2 5:00 - 5:30: YOUTH L2	26 GROUPS: 4:00 - 4:30: PRESCHOOL L2 4:30 - 5:00: YOUTH L3 5:00 - 5:30: YOUTH L2	27 GROUPS: 4:00 - 4:30: PRESCHOOL L1 4:30 - 5:00: YOUTH L2	28 GROUPS: 4:00 - 4:30: YOUTH L2 4:30 - 5:00: YOUTH L3 5:00 - 5:30: YOUTH L4	29	30 GROUPS: 9:00 - 9:30: PRESCHOOL L1 9:30 - 10:00 PRESCHOOL L2

FEBRUARY 2027

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 GROUPS: 4:00 - 4:30: PRESCHOOL L1 4:00 - 4:45: SWIM TEAM PREP 4:30 - 5:00: PRESCHOOL L2 5:00 - 5:30: YOUTH L2	2 GROUPS: 4:00 - 4:30: PRESCHOOL L2 4:30 - 5:00: YOUTH L3 5:00 - 5:30: YOUTH L2	3 GROUPS: 4:00 - 4:30: PRESCHOOL L1 4:30 - 5:00: YOUTH L2	4 GROUPS: 4:00 - 4:30: YOUTH L2 4:30 - 5:00: YOUTH L3 5:00 - 5:30: YOUTH L4	5	6 GROUPS: 9:00 - 9:30: PRESCHOOL L1 9:30 - 10:00 PRESCHOOL L2
7	8 GROUPS: 4:00 - 4:30: PRESCHOOL L1 4:00 - 4:45: SWIM TEAM PREP 4:30 - 5:00: PRESCHOOL L2 5:00 - 5:30: YOUTH L2	9 GROUPS: 4:00 - 4:30: PRESCHOOL L2 4:30 - 5:00: YOUTH L3 5:00 - 5:30: YOUTH L2	10 GROUPS: 4:00 - 4:30: PRESCHOOL L1 4:30 - 5:00: YOUTH L2	11 GROUPS: 4:00 - 4:30: YOUTH L2 4:30 - 5:00: YOUTH L3 5:00 - 5:30: YOUTH L4	12	13 GROUPS: 9:00 - 9:30: PRESCHOOL L1 9:30 - 10:00 PRESCHOOL L2
14 WINTER BREAK	15 WINTER BREAK	16 WINTER BREAK	17 WINTER BREAK	18 WINTER BREAK	19 WINTER BREAK	20 WINTER BREAK
21	22 GROUPS: 4:00 - 4:30: PRESCHOOL L1 4:00 - 4:45: SWIM TEAM PREP 4:30 - 5:00: PRESCHOOL L2 5:00 - 5:30: YOUTH L2	23 GROUPS: 4:00 - 4:30: PRESCHOOL L2 4:30 - 5:00: YOUTH L3 5:00 - 5:30: YOUTH L2	24 GROUPS: 4:00 - 4:30: PRESCHOOL L1 4:30 - 5:00: YOUTH L2	25 GROUPS: 4:00 - 4:30: YOUTH L2 4:30 - 5:00: YOUTH L3 5:00 - 5:30: YOUTH L4	26	27 GROUPS: 9:00 - 9:30: PRESCHOOL L1 9:30 - 10:00 PRESCHOOL L2
28	29	30	1	2	3	4

WINTER 2026-2027

WAYLAND GROUP LESSONS

Longfellow Tennis & Health Club
Healthy Mind Body Planet

MONDAYS
4:00 - 4:30 PM - PRESCHOOL LEVEL 1
4:00 - 4:45 PM - SWIM TEAM PREP (LEVEL 3 AND UP)
4:30 - 5:00 PM - PRESCHOOL LEVEL 2
5:00 - 5:30 PM - YOUTH LEVEL 2

TUESDAYS
4:00 - 4:30 PM - PRESCHOOL LEVEL 2
4:30 - 5:00 PM - YOUTH LEVEL 3
5:00 - 5:30 PM - YOUTH LEVEL 2

WEDNESDAYS
4:00 - 4:30 PM - PRESCHOOL LEVEL 1
4:30 - 5:00 PM - YOUTH LEVEL 2

THURSDAYS
4:00 - 4:30 PM - YOUTH LEVEL 2
4:30 - 5:00 PM - YOUTH LEVEL 3
5:00 - 5:30 PM - YOUTH LEVEL 4

SATURDAYS
9:00 - 9:30 AM - PRESCHOOL 1
9:30 - 10:00 AM - PRESCHOOL 2

LESSON PRICING (10 WEEKS)

GROUP LESSONS
MEMBERS: $250.00
NON- MEMBERS: $350.00
SWIM TEAM PREP 45 MIN
MEMBERS: $350.00
NON-MEMBERS: $450.00

RESOURCE

Longfellow offers swimming lessons using the American Red Cross swim curriculum for every age and skill level

American Red Cross
Group Swim Lesson Levels and Descriptions

Parent Infant Tot (w/parent)
ages 6 months to 3 years:
A class for parent and child to introduce water adjustment.
.

Preschool 1
ages 2.9yrs-5yrs:
This class is for children ready to swim without a parent. Covers basic skills such as entering and exiting the pool, blowing bubbles and swimming with assistance.

Preschool 2
ages 2.9yrs to 5yrs:
This class is for swimmers with some experience in the water. Furthers the skills from preschool 1 class.

Preschool 3
ages 2.9yrs to 5yrs:
This class is for swimmers who can float without assistance and can submerge their face in the water and do basic arm and leg motions.

Youth Level 1
ages 5+:
This is for a young swimmer with no previous experience in the water.

Youth Level 2
ages 5+:
This class teaches students how to float and swim
without assistance on the front and back as well as submerging the face in the water.

Youth Level 3
ages 5+:
This class is dedicated to stroke development. Students learn rotary breathing, front crawl, breaststroke, backstroke, treading water, diving and an introduction to butterfly. This level often takes more than one session to pass as there are a lot of skills to learn.

Youth Level 4
ages 5+:
This class is dedicated to refining the strokes learned in youth level 3.

Swim Team Prep
Level 3 swimmers and higher
This is a 45 minute class designed to get kids ready for a swim team or just improve their skills and stay
fit. All four competitive strokes will be refined as well as endurance and swim team principles such as
using a time clock and starts and turns.

FAQS / COMMUNITY RESPONSIBILITIES / PHONE & PICTURE POLICY

(PLEASE SIGN ,PRINT, RETURN)

Q. What should I bring?
A. Goggles, towel, shower shoes
Q. What is the pool temp?
A. Our training pool is 83-84 Degrees.
Q. May I watch my student's session?
A. YES! We ask that you sit in the designated seating areas.
Summer: Inside at a table, Outside at a table or in a chair
Winter: Inside at a table behind the glass.
I understand (INITIAL HERE)_____
Q. Should I come in if I or my student is starting to feel symptoms of a cold or other illness?
A. NO. We'll miss you and thank you for keeping us/ community healthy! **Health and safety is paramount! Swimming and training with us means you are part of a community.** Our aquatics instructors spend multiple hours a day in the water and all are client facing. **We want to see you well and we ask that you help us in supporting our team and clients in being and staying well.** If you or your student are starting to feel unwell before a session we ask that you **communicate with your instructor to reschedule your session ASAP.**
If you ignore this policy and your instructor notices you or your student's symptoms may or are impacting your session or their ability to instruct, in the interest of maintaining a healthy team and community instructors may ask to end the session. No refund will be issued on this session.
I HAVE READ / UNDERSTAND THIS POLICY
(INITIAL HERE)_____

Q. May I or a member of my party record my or my student's session / take pictures?
A. CONSENT IS THE KEY. (I UNDERSTAND CONSENT, INITIAL HERE)_____.Not everyone is comfortable being filmed / recorded. **ASK** your instructor if they **CONSENT** to being filmed or in your pictures. **BE TRANSPARENT & HONEST** with how you will use your photos or videos. **You are part of a community,** some people here are working, Some are here to relax and unwind, some are here for healing, some are here to train / learn. In the interest of other clients' / instructors' privacy we ask that you only have you or your student in frame of your photo or video. **If your frame includes someone else, we require that you are respectful and mindful by covering or blur the entirety of their faces/ bodies.**
I HAVE READ / UNDERSTAND THIS POLICY & reviewed / communicated these policies with my party/ participants.
SIGNATURE OF PARTICIPANT(PARENT/GUARDIAN IF UNDER 18):

(Print name)_____ DATE:____/___/___

(Signature)_____

POOL POLICIES AND CONDUCT

(PLEASE SIGN ,PRINT, RETURN)

POOL POLICIES

1. **Member** swimmers under the age of 18 are required to wear a wristband given at the reception desk upon check in.
2. **Non-members** may only be in the pool during their scheduled swim lesson. Non-members will be asked to leave if they are in violation of this policy.

I read/understand this policy (Initial here)_____

INTERACTING WITH AQUATICS TEAM

1. **Respect** for all Aquatics Team members (Director, Lifeguards, Instructors/coaches) is essential. Failure to conduct oneself in a respectful manner violates pool policies, negatively impacts professionals' ability to ensure pool safety, community safety and well being.

I understand the Aquatics team is a team of professionals at work.
I read/understand this policy (Initial here)_____

I understand it is the Aquatics team's responsibility to uphold pool rules and policies as they are an essential part of what makes the pool safe and fun for everyone.
I read/understand this policy (Initial here)_____

I understand as a member or guest that failure to respect the Aquatics professionals, fellow patrons, and the Aquatics space may result in being asked to leave and be required to meet with Longfellow team to discuss next steps.
I read/understand this policy (Initial here)_____

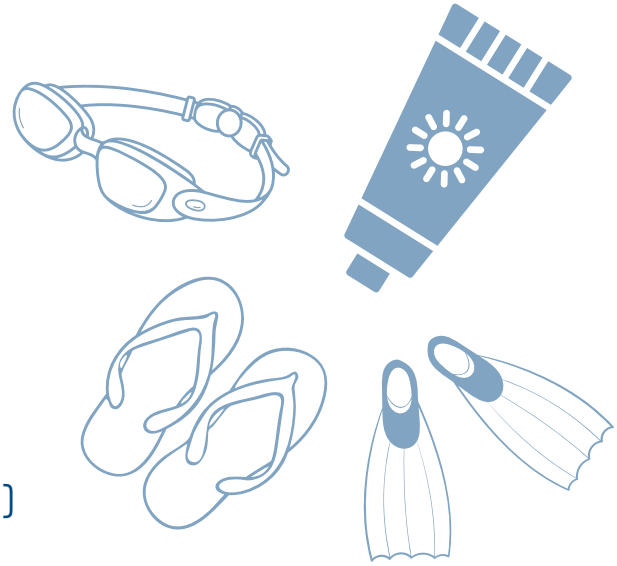
I HAVE READ / UNDERSTAND THIS POLICY
SIGNATURE OF PARTICIPANT (PARENT/GUARDIAN IF UNDER 18):

(Print name)_____ DATE:____/___/___

(Signature)_____

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WHAT TO BRING!

- Goggles
- Swim Cap
- Towel
- Shower Shoes
- Sunscreen (season depending)
- Hydration (Season depending)

If you are training with an instructor for something specific, they will communicate if you should bring other items (snorkel, your own fins, weight belt etc.)

TIPS FOR SUCCESS!

- We are a team! Communicate with your instructor about past experiences in the water that may impact you or your student in session
- Ask questions. Our instructors are happy to answer questions and if they don't know they will connect you to someone on our team who does or a helpful resource!
- Come prepared with your swim essentials
- If your student is in a lesson we ask that you sit in the designated seating areas. **In the summer** that is outside at a table or chair, as well as at a table behind the glass at the perimeter of the pool. **In the winter** that is at a table behind the glass at the perimeter of the pool
- Come healthy. We understand in the fall/ winter cold/flue/virus season is in full swing, we ask that you do not come in for your session if you are starting to or are feeling unwell.

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Healthy Mind Body Planet

COMUNICATIONS

Aquatics Director: Cordelia
Email: longfellowswim@gmail.com
Phone: 508-358-7355 x 238

Reception Desk
Phone:(508) 358-7355

Once you are matched with an instructor they will communicate to you the best means of communication with them.

A LETTER TO YOU:

Dear Participant(s) and Families,

We know that was considerable ground to cover! Here at Longfellow Aquatics Wayland we consider our responsiveness to our Aquatics Team and community to be an honor and responsibility that we regard with deep care and consideration.
We are excited to train with you, learn with you, and support you in the water world!
Thank you for your time and attention to detail as you read through and completed the materials in this handbook!

See you in the water!

Longfellow Aquatics Team