

WINTER SWIM LESSONS

Sponsored by the Northampton KIDS Swim Club



WHEN: VARIOUS FRIDAYS STARTING IN JANUARY 2026

WHERE: NORTHAMPTON MIDDLE SCHOOL POOL



Join us for 30-minute lessons available the following **Fridays:**
1/9, 1/30, 2/6, 2/27, 3/6, 3/13, 3/20 between 5:15-6:20pm.

Take as many classes as you would like, **no minimum** required!

Pay per class and build your own schedule this winter!



Does your child need to learn to swim? We are offering swim lessons to children of all ages and abilities. Each class will go over the correct techniques and water safety rules while providing a positive learning environment that will promote self-confidence to enjoy all water activities.

Sessions are being offered this winter for various levels of swim readiness:

CLASSES	PREREQUISITE	SKILLS TO BE TAUGHT
Level 1 – INTRO TO WATER SKILLS	<ul style="list-style-type: none">• Swimmer must be potty trained• Swimmer must bring their own goggles (NO nose goggles)• Swimmer must wear a swimsuit	<ul style="list-style-type: none">• Floating (front & back)• Bobbing• Enter/exit water without assistance• Kicking/starting big arms
Level 2 – AQUATIC SKILLS	<ul style="list-style-type: none">• Swimmer can already blow bubbles out of their nose and is comfortable getting their face wet, bobbing under water• Swimmer must bring their own goggles (NO nose goggles)• Swimmer must wear a swimsuit	<ul style="list-style-type: none">• Freestyle• Backstroke• Jumping in without assistance• Treading water basics
Level 3 – STROKE DEVELOPMENT	<ul style="list-style-type: none">• Swimmer can tread water• Swimmer can swim 1 lap of the pool• Swimmer must bring their own goggles (NO nose goggles)• Swimmer must wear a swimsuit	<ul style="list-style-type: none">• Freestyle for 25 yards• Backstroke for 25 yards• Kneeling & sitting diving• Treading water• Butterfly & Breaststroke
PRIVATE SWIM LESSONS <i>Cost: \$40</i>	<ul style="list-style-type: none">• Works on individual skills of each child• One on one with an instructor	<ul style="list-style-type: none">• Any level of swimming ability

Registration is open until January 2nd or until spots are full

Visit our website to register at www.Northamptonswim.com



QUESTIONS: Email NorthamptonSBC@gmail.com

The Northampton Area School District does not sponsor or sanction this program.