

Be ready for summer.

Wayside Racquet and Swim Spring 2009 Swim Lessons and Safety Courses

Club membership is not required.

Whether you're looking for an aquatics program for yourself or your family, Wayside, an authorized provider of American Red Cross aquatics safety programs, has affordable programs to meet your needs.

Swimming and Water Safety Courses

Parent and Child Aquatics

Developed for parents (or guardians) and children 6 months to 5 years of age, these courses build swimming readiness by emphasizing fun in the water. Basic aquatic safety is practiced.

Water Babies (6 – 18 months with an adult)

Parent Toddler (18 - 36 months with an adult)

Preschool Swim Lessons (3 years – 5 years)

Swim Lessons

Developed for individuals aged 5 to adult. Students are grouped by age and ability levels. We also offer teen- and adult-specific classes.

Level 1 Introduction to Water Skills

Level 2 Fundamental Aquatic Skills

Level 3 Stroke Development

Level 4 Stroke Improvement

Level 5 Stroke Refinement

Level 6 Swimming and Skill Proficiency

Swim Team

At Wayside, we focus on personal skills improvement and fun. Practices and meets make this a great extra-curricular activity for kids.

Junior Swim Team (ages 5 – 8)

Spring Swim Team (ages 5 – 18)

Lifeguarding Courses

Guard Start (ages 12 – 14)

This program helps participants build decision-making skills, aquatics knowledge and personal fitness. Course focuses on prevention, fitness, response, and leadership.

Lifeguard Training (ages 15+)

For individuals who want to learn the skills for employment. Parents and day care providers are also urged to participate. Professionalism, patron and facility surveillance, victim recognition, equipment-based rescues, and caring for head, neck and back injuries is taught.

Water Safety Instruction (16+)

This course provides instructor candidates with the training needed to teach courses in the American Red Cross Swimming and Water Safety Program. Must be 16 years old to participate.

First Aid/CPR/AED Courses

- **First Aid (for children and adults)**
- **Adult CPR**
- **General Water Safety Presentation**
- **Home Pool Safety Presentation**

Public registration is now open, and is structured on a first come, first serve policy. Registration is ongoing until classes fill. Classes begin February 23, 2009. Most classes end May 15, 2009.

**Register online at waysideinfo.com, or call Wayside at (508) 481-1797.
Or visit us at 80 Broadmeadow Street in Marlborough.**

Join us for February vacation fun!

Wayside Racquet and Swim Vacation programs for the week of 2/16 – 2/20/09

Open to the public. Club membership is not required

Whether you're looking for a full week of fun, or a few activities to make your vacation memorable, we have it all at Wayside. Choose from a variety of programs that include:

Full Day Programs

Stepping Stones

This program is a combination of tennis, swimming and "play and learn" (P.A.L.) programs scheduled together so children enjoy an entire (fully-supervised) day of Wayside activities.

Half Day programs

Tennis and Swim Combo

Children will be split into two groups based on age and ability and have a full tennis lesson and swim lesson. After their tennis lesson, they will be escorted to their swim lesson. All lessons are taught by Wayside tennis pros or swim instructors.

Play and Learn (PAL)

This is a three-hour program for children 4 1/2 to 12 years old. Children participate in various games and activities, sports, arts and crafts, snacks and a free swim.

Other Activities

Choose from a wide-variety of activities that include:

- Swim lessons
- Lifeguard Training
- Supervised Open Swim
- Tennis lessons
- Racquetball lessons
- Junior Fitness Training
- Kids Gym
- Tumbleweeds

For more information about our vacation programs, please visit www.waysideinfo.com, or call Wayside's youth programs director Arnie Cohen at 508-481-1797, or email: arniewayside@yahoo.com