

## PRIVATE SWIM AND TENNIS LESSONS

We offer private or semi-private lessons on a variety of levels. From the beginner who wants to learn the basics, to the advanced participant who needs work on technique, our instructors can help. To register for lessons, please come to the Member Services' Office during office hours. Our private lesson coordinator will contact you within three business days to set up the lesson after you sign up. Questions? E-mail [plexpool@bc.edu](mailto:plexpool@bc.edu).



### Youth Semi-Private Lesson

This is a 30 minute lesson, with up to three children that are of the same ability level. Each child must purchase his or her own lesson pass. We recommend these lessons for children of all levels. Lessons can be purchased as either single lesson or in packs of 5.

### Youth Private Lesson

This is a private 30 minute lesson with one of our instructors. We recommend these lessons for children of all levels. Lessons can be purchased as either single lesson or in packs of 5.

Class	Member Price	Non-Member Price
Private: 1 lesson	\$20	\$25
Private: 5 lessons	\$90	\$110
Semi-Private: 1 lesson	\$12	\$15
Semi-Private: 5 lesson	\$55	\$65

Each lesson is for 30 minutes

## REGISTRATION

Flynn Recreation Complex  
Member Services  
Phone Registration: 617-552-0797

Registration begins November 23

## INFORMATION

For more information, please contact:  
Caitriona Taylor  
[plexpool@bc.edu](mailto:plexpool@bc.edu)  
[www.bc.edu/campusrecreation](http://www.bc.edu/campusrecreation)



# BC Rec

Boston College Flynn Recreation Complex  
Member Services  
140 Commonwealth Avenue  
Chestnut Hill, MA 02467  
(617) 552-0797 • (617) 552-1886 Fax  
[www.bc.edu/campusrecreation](http://www.bc.edu/campusrecreation)



# BC Rec

## YOUTH CLASSES SPRING 2010

# AQUATICS CLASS DESCRIPTIONS

(check web for more details)

## Parent-Tot, Level A

This class will work with infants who are able to sit up on their own and teach parents techniques to help orient their child to the water. 6 – 18 months

## Parent-Tot, Level B

This class will be for the slightly older child who still needs a parent's support. This class will help the child gain confidence in the water, become more comfortable working with another adult, and prepare them for higher level classes. 18 months – 3 years

## Level 1 Introduction to Water Skills

Explore the water through floating and submerging, while learning kicking skills, breath control and elementary swimming skills. Platform in water, so kids can stand during the lesson. Must be at least 4 years old (or get approval from Aquatic Manager).

## Level 2 Fundamental Aquatic Skills

Learn to turn over, additional breathing, combined front and back strokes, and basic safety skills (starting to swim on their own). Child must successfully complete and/or be able to demonstrate Level 1 skills.

## Level 3 Stroke Development

Learn to dive, front crawl, back crawl, elementary back stroke, tread water and additional safety skills. Also will start on endurance. Child must successfully complete and/or be able to demonstrate Level 2 skills.

## Level 4 Stroke Improvement

Learn deep water skills, endurance and distance swimming, breaststroke, sidestroke, turning at the wall and emergency rescue breathing techniques. Child must successfully complete and /or be able to demonstrate Level 3 skills.

## Level 5 Stroke Refinement

Children will learn diving, the sidestroke, and breaststroke. Students must be able to perform the skills of the above listed courses, including the crawl stroke with rotary breathing and the elementary backstroke. Child must successfully complete and demonstrate Level 4 skills.

## Swim Club

For children who already know all the strokes and want to get more of a workout. Skills that will be taught include: flip turns, starts, interval training, perfecting of strokes. Children must be able to swim 100 yds continuously prior to signing up.

## Springboard Diving

For ages 8-15. Students will learn the basics of diving from both the side of the deck and the 1 meter board. Skills will include: approach, basic hurdle, and basic forward dives. Children must be able to swim length of dive well prior to signing up.

## About the Aquatic Instructors

All of our instructors are Red Cross certified Water Safety Instructors. They also have prior experience teaching. Lessons are overseen by the Aquatic Manager's Instructional Assistant. This person will be on deck at all times to assist parents and children during the lessons. Lifeguards are also on deck to ensure further safety.

## SCHEDULE: Swim and Dive

Session 1: Sundays, January 17 - March 14

(No class Jan 24 & Feb 28)

Session 2: Sundays, March 21 - May 9

(No class Apr 4)

Parent-Tot, Level A.....3:00-3:30pm

Parent-Tot, Level B.....3:30-4:00pm

Level 1, Section A.....2:00-2:30pm

Level 1, Section B.....2:30-3:00pm

Level 1, Section C.....3:00-3:30pm

Level 2, Section A.....2:00-2:30pm

Level 2, Section B.....2:30-3:00pm

Level 2, Section C.....3:30-4:00pm

Level 3, Section A.....2:00-2:45pm

Level 3, Section B.....3:00-3:45pm

Level 4, Section A.....2:00-2:45pm

Level 4, Section B.....4:00-4:45pm

Level 5.....4:00-4:45pm

Swim Club.....4:00-4:45pm

Springboard Diving.....3:00-3:45pm

Price: \$65.00 per child per session

## SCHEDULE: Tennis

Session 1: Sundays, January 17 - March 14

(No class Feb 14 & Feb 28)

Session 2: Sundays, March 21 - May 9 (No class Apr 4)

Beginner Tennis.....2-3pm

Intermediate Tennis.....3-4pm

Lessons are conducted on indoor tennis courts 1 & 2. No black sole shoes please. A limited number of racquets will be supplied.

**Beginner Tennis** Children will learn tennis techniques, strokes, and practice drills, during these lessons. Class emphasizes technique and basic tennis skills. No prior experience necessary. It is recommended that children aged 5-10 sign up for Beginner Tennis.

**Intermediate Tennis** Class is for the more experienced youth tennis player, with an emphasis on advanced technique, drills, and game strategy. It is recommended that children aged 11-16 sign up for Intermediate Tennis, or successfully complete Beginner Tennis.

Price: \$65.00 per child per session

## SCHEDULE: Karate

Session 1: January 11 - March 3 (No class Jan 18)

Session 2: March 8 - May 12 (No class Apr 5 & 19)

Ages 5-9.....Wed, 4-5pm ● Ages 10-14.....Mon, 4-5pm

The B.C. children's karate program incorporates all the protocol and discipline of a traditional martial arts studio, but in a unique and fun manner. While learning about respect, discipline, and goal setting, our karate students practice kicking, punching, blocking, stretching, running, and jumping. Where else can you find a fun, recreational outlet for your child that combines both physical activity and mental discipline? This class offers basic skill instruction to increase your child's ability. Though no prior experience is necessary, this program will help develop self-confidence while also promoting mental and physical health.

**Sensei:** Andrew Pope brings over 25 years of martial arts training to the Boston College karate program. Sensei Pope has been teaching martial arts to young children at Boston College's Flynn Recreation Complex for the past five years. Sensei Pope brings his fantastic blend of martial arts experience and his love for working with children to the teaching of the B.C. martial arts program. Class held in Multipurpose Room B/C.

Price: \$65.00 per child per session