

South Shore Country Club Pool



We are excited to announce that the Hingham Recreation Department will now be running the South Shore Country Club Pool along with the Lesson and Swim Team program. The Country Club's pool is a perfect family venue during the hot summer season. We offer daily swim lessons, a swim team for all abilities, as well as lap swim and open swims.



Please see the web for this season's pool schedule. We will be offering a special *Early Bird* rate for families that sign up before April 1st. We have also put together weekly family rates as an option as well. For those with busy schedules we also offer daily drop in rates.

MEMBERSHIP RATES			
Family Membership	\$330	Daily Drop-in Rate (Age 3+)	\$10 pp
Individual Membership (Age 21+)	\$175	Full Time Care Giver	\$50
Youth Membership (Age 10-21)	\$100	<i>(Must be added to an existing family membership)</i>	
Family Weekly Memberships	\$105/week	<i>*For part time care givers please take advantage of our Drop-in rate.</i>	

Early Bird RATES

Family Membership **\$275**
 Individual Membership (Age 21+) **\$150**
 Youth Membership (Age 10-21) **\$75**

SIGN UP BEFORE APRIL 1ST

PARENT & CHILD LESSONS

4 Week Lessons, 1 day per week
 (4 Classes per schedule per session)
 \$45 Members /
 \$75 Non Members



A fun class for infants and toddlers and their caregivers. This is the best introduction for children to a lifelong passion for the water and important water safety knowledge. The class is taught through games, songs and activities as children are able to explore the water at their comfort level. The National Academy of Pediatrics has cited evidence that starting children early in swim instruction can reduce the risk of drowning.

Water Babies (6 mos - 18 mos)
 Wednesday, 10:05 - 10:35 am
 Session 1: June 28th - Jul 19th
 Session 2: Aug 2nd - Aug 23rd

Parent Tot (18 mos - 3 yrs)
 Monday, 10:05 - 10:35 am
 Session 1: Jun 26th - Jul 17th
 Session 2: Jul 31st - Aug 14th

Sunday, 9:45 - 10:15 am
 Session 1: Jun 25th - Jul 16th
 Session 2: Jul 23rd - Aug 13th

EMPLOYMENT OPPORTUNITIES

The Rec will be looking for lifeguards and swim instructors for the 2017 summer season. Please find the application on the Hingham Rec website www.hinghamrec.com. We also look for volunteers for our swim instructor aide program.

Join the

SSCC SUMMER SWIM TEAM

June 26th - August 19th

(Ages 7+)

\$115 Members / \$200 Non-Members

Great introduction to competitive swimming, building a strong foundation while having a great time in a low key summer setting. Swimmers will be grouped by like ability into three different levels.

Intro Group

REQUIREMENTS: Can swim a full length of the pool freestyle & backstroke
Practice: Mondays 8:30 am, Wednesdays 8:30 am, Thursday 6:30 pm, Saturdays 10:00am

Intermediate Group

REQUIREMENTS: Can swim two full lengths of the pool freestyle and backstroke, and can also swim one length of breaststroke or butterfly

Practice: Tuesdays 8:30 am, Wednesdays 6:30 pm, Thursdays 8:30 am, Saturdays 9:15am

Advanced Group

REQUIREMENTS: Can swim four full lengths of the pool freestyle and backstroke, and can also swim two lengths of breaststroke and butterfly
Practice: Mondays 6:30 pm, Tuesdays 6:30 pm, Fridays 8:30 am, Saturday 8:30 am



Swimmers will have the chance to compete in mock meets, and dual meets at SSCC and around the South Shore.

PRIVATE SWIMMING LESSONS

½ hour

\$40 – Private

\$55 – Semi Private

(up to 2 kids of the same ability)

LIFEGUARDING COURSE

BEGINNING JUNE

Dates and times to be determined.



YOUTH LESSONS Ages 6+

\$75 Members / \$125 Non-Members
(8 Classes per schedule, per session)

Our youth program for children ages 6 and up breaks out into five progressive levels. Skills include underwater exploration, breath control, floating, gliding, swimming and diving. Please follow the questionnaire online* to help you decide which level is best for your child.

LEVEL 2 – Water Comfort and Acclimation

This level will focus primarily on getting the child comfortable in the water including floating, under water exploration and an introduction to breath control. This is perfect level for a non-swimmer or beginner swimmer who is fearful or cautious.

LEVEL 3 – Swimming Fundamentals

This level will focus on building on the skills learned in the **Comfort and Acclimation** level. This level is for children who are beginner swimmers but are not comfortable yet in deep water. Children should not be fearful of going under the water. They should be able to glide and paddle in shallow water. They will be introduced to a rudimentary front crawl, elementary back stroke, and treading water.

LEVEL 4 – Stroke Introduction

This level will build a solid foundation of the swimming strokes front crawl, elementary back stroke and treading water. Additionally this level introduces back stroke, dolphin kick, and diving. Children in this level should have a comfort of swimming independently in deeper water for short times.

LEVEL 5 – Endurance Build up

This level will be completely taught in deep water. With a strong foundation in the basic strokes the focus will be on building an endurance and enhancing proper swimming technique. In this level the breast stroke and the butterfly will be introduced.

LEVEL 6 – Stroke Fine Tuning and Technique

The final level will focus on strong endurance of all strokes and enhancing proper technique of the butterfly and breast stroke. Competitive swimming techniques will also be a focus of this level, as well as Junior Life Saving skills.

*For Registration Forms, go to: www.hinghamrec.com/pool

YOUNG TOT LESSONS (Ages 3-5)

\$75 Members / \$125 Non-Members
(8 Classes per schedule per session)

Our young tot program is a perfect introduction to swim instruction geared towards preschoolers. Children will be split into groups by their comfort level and ability on the first day. Skills in young tots include underwater exploration, floating, and paddling taught through skill practice and games.

2 Week Lessons, 4 days per week
Monday - Thursday, 10:05 - 10:35 am

4 Week Lessons, 2 days per week
Monday & Wednesday, 10:40 - 11:10 am
Tuesday & Thursday, 9:20 - 9:50 am

8 Week Lessons, 1 day per week
Sunday, 9:45 - 10:15 am & 10:20 - 10:50 am

YOUNG TOT & YOUTH LESSONS

SESSION DATES

2 Week Lessons 4 days per week

Session 1: June 26th - July 7th

Session 2: July 10th - July 20th

Session 3: July 24th - August 3rd

Session 4: August 7th - August 17th

**2 week makeup lessons occur on Friday; Friday, July 7 will be the makeup for the 4th*

4 Week Lessons, 2 days per week

Session 1: Monday & Wednesday
Week of June 26th - July 19th

Session 1: Tuesday & Thursday
Week of June 27th - July 25th

**Classes will extend one more Tuesday because of the 4th*

Session 2: Monday & Wednesday
Week of July 31st - Aug. 23rd

Session 2: Tuesday & Thursday
Week of August 1st - August 24th

8 Week Lessons 1 day per week

Session 1: June 25th - August 13th



YOUTH LESSONS, LEVELS 2-6

2 Week Lessons 4 days per week
Monday - Thursday, 11:15 - 11:55 pm

4 Week Lessons 2 days per week
Monday & Wednesday, 9:20 - 10:00 am
Tuesday & Thursday, 9:55 - 10:35 am

8 Week Lessons 1 day per week
Level 2, 4 & 6 – Sunday, 9:00 - 9:40 am
Level 3 & 5 – Sunday, 10:20 - 11:00 am



For more information, contact the Rec Dept at 781-741-1464 or www.hinghamrec.com