

# WINTHROP BEACH PROGRAM

*Lifeguards will be on duty starting on June 13th  
Monday to Friday 10am to 5pm  
Saturday and Sunday 12pm to 5pm*

## SWIM LESSONS

### PROGRAM INFORMATION:

**We will again run Two--3-week sessions of Swim Lessons  
Lessons will run Monday to Friday**

#### Swim Lesson Times

Levels 3-4-5 : 10:00-11:00am  
Levels Toddlers-1-2 11:00-12:00pm

#### SESSION 1

**July 6 to July 23**

#### SESSION 2

**July 26 to August 13**

**FEE: \$10.00 Winthrop Residents  
\$15.00 for Non Winthrop students**

### TODDLER PROGRAM:

For ages 2 to 4 years old, this is a parent/child program; the program is to help prepare your child for Level one when they turn 5.

### To pass LEVEL 1 the swimmer must:

Play comfortably in the water. Put your face in the water. Float on Front and Back with Support

### To pass LEVEL 2 the swimmer must:

Hold your breath with head fully submerged for 3 seconds. Retrieve objects submerged in deep water  
Explore deep water with support Float Unsupported on Front and Back.  
Flutter kick on back with or without support Show finning on your back  
Show crawl position Flutter kick on front with or without support  
Float/glide unsupported and recover for 5 seconds on front and back  
Rhythmic breathing with or without support and bob 10 times  
Step off side into chest deep water and recover to vertical position.  
Combine front stroke using kick and alternation arm action 5 yds  
Combine front stroke using kick and motion for 5 yds.

### To pass LEVEL 3 the swimmer must:

Retrieve objects with eyes open & no support from chest deep water.

Bob submerging head completely 15 times.

Jump into deep water.

Prone glide with push off for 2 body lengths.

Supine glide with push off for 2 body lengths.

Coordinate arm stroke front crawl with breathing to side for 10 yd.

Coordinate back crawl for 10 yds.

Elementary back stroke for 10yds with or without kickboard.

Bob in water slightly over your head and travel to safe area 10 times with or without support.

### To pass LEVEL 4 the swimmer must:

Demonstrate deep water bobbing

Demonstrate rotary breathing

Dive from a stride position.

Scull on back for 5 to 15 seconds

Front crawl with rotary breathing for 25 yds

Sidestroke scissors kick for 10 yds with our without a kickboard.

Back Crawl 25 yds

Dive from standing position.

Elementary backstroke for 25 yds

Breast stroke for 10 yds with or without a kickboard

### To pass LEVEL 5 the swimmer must:

Demonstrate Alternative Breathing

Demonstrate a stride jump entry

Breast stroke for 10 yds

Butterfly dolphin kick 10 yds with or without a kickboard.

Backstroke for 25 yds

Swim underwater 3 body lengths.

Demonstrate Long Shallow Dive

Side Stroke for 10 yds & Elementary

Front Crawl for 50yds

# BEACH RULES

## WINTHROP BEACH IS A TOBACCO FREE ZONE

No smoking (including E-Cigarettes) on Town Beach

1. Winthrop Beach is for Winthrop Residents and their guests only.
2. Children 10 and under must be accompanied by an adult or baby sitter.
3. Coast Guard approved PFDs and Pool Noodles will be allowed in the swim area but no other floating objects
4. No Pets are allowed on the beach
5. No glass bottles are allowed on the beach
6. No bicycles on the beach
7. No climbing on the buoys or rope lines
8. Beach staff may ask music be turned down if it is offending others using the beach
9. Horseplay, offensive language, or inappropriate behavior will result in removal from the beach.  
Beach Staff have the right to remove people for violations of any beach rule.
10. Cement Swim dock is closed we ask people to stay off.

**WE HAVE PORTABLE TOILETS AVAILABLE ON THE BEACH**