

**SHAWSHEEN VALLEY HIGH SCHOOL
100 COOK ST
BILLERICA, MA 01821**

SWIM LESSONS (American Red Cross)

Saturdays Only – 10 weeks beginning January 16, 2009
Ages 3 to adult- All abilities welcome from levels 1 to 6
10 Lessons for \$70.00 (30 minute classes) Levels 1 through 4
10 Lessons for \$120.00 (1 hour classes) Level 5 and 6 only

COMMUNITY SWIM

(must be accompanied by an adult-no pre registration needed)

FAMILY: Friday—7:30 to 9:00 PM & Sunday — 1:00 PM to 4:00 PM

LAP SWIM: Monday, Wednesday & Friday from 7:30 PM to 9:00 PM
Sunday – 1:00 to 4:00 PM

Cost

Family Plan: \$40 per month
Senior: \$5 per month

Individual: \$30 per month
Walk-in: \$3 per visit

WATER AEROBICS

(any age welcome – drop ins welcome - \$8/visit or \$12 double class)

Saturdays mornings - Cost: 10 classes for \$70 – beginning January 16, 2010

Shallow Water Cardio- 7:30 to 8:15 AM

Deep Water Cardio – 8:15 to 9:00 AM

Tuesday & Thursday evenings- Cost: 10 classes for \$70

Shallow Water Cardio – 7:30 to 8:15 PM

Deep Water Cardio – 8:15 to 9:00 PM

POOL RENTALS

The pool is available to rent for private use—**birthday parties**, boy scouts, girl scouts, after school programs, church groups or any other group activities. Cost is \$90 per hour including 2 lifeguards. Communities are also welcome to rent the pool. Rates are \$50 per hour to community users and \$60 per hour for outside community. You must provide certificates for lifeguards and insurance.

SCUBA LESSONS: Please call Burlington Scuba @ 781-272-5164.

SWIM TEAM: Please call or e-mail Magnus Swim Team @ 978-394-6563 or edbryan@gmail.com

LIFEGUARD CLASS AND RECERTIFICATION ALSO AVAILABLE
ANY QUESTIONS, PLEASE CALL 978-671-3699
e-mail: jillbranley@hotmail.com