PARENT-CHILD SWIM LESSONS
4 MONTHS - 3 YEARS

ABOUT THE PROGRAM
Our Ripples Program is a progressive parent/child learn-to-swim experience for swimmers aged 4 months to 3 years. Classes meet weekly for 30 minutes and our 12:1 instructor-to-swimmer ratio ensures plenty of individual attention for each child.

We focus on foundational water skills such as back floating, blowing bubbles and breathing basics, paddling with arms, climbing out of the pool, walking along the wall, and overall water safety. Swimmers begin in Ripples 1 and progress through Ripples 2 and 3 as they master each set of skills.

SESSION DETAILS
- **Dates:** Monday 1/4 - Sunday 2/14
- **Swimmer Eligibility:** 4 months – 3 years (as of 1/4)
  - For current participants, max age is 3.5 years
    - If your swimmer is 3, register for another session of Ripples. The Waves Admin team will reach out to you when Splash spots become available.
  - For new participants 3 years and older, email wavesadmin@weymouthclub.com for Splash or Waves class placement and availability.
- **Registration Fee:** A one-time registration fee of $29 will be applied to all non-member participants.

REGISTRATION TIMELINE
- **Priority Registration:** Tuesday, December 8th at 6pm
  - Current program participants and Weymouth Club Member swimmers
- **Open Enrollment:** Tuesday, December 15th at 6pm
  - New non-member and former swimmers

Online registration instructions will be sent out several days prior to registration period openings.

LOOKING AHEAD
- No lessons from Monday 2/15 to Sunday 2/21 during February Vacation week.
- Spring 2027 Session 1, anticipated dates: Monday 2/22 - Sunday 4/18. (subject to change)

Session: Winter 2027

SESSION PRICING				
DAY	# CLASSES	MEMBER PRICE	NONMEMBER PRICE	LAST DAY
Mondays	6	$138	$168	2/8
Tuesdays	6	$138	$168	2/9
Wednesdays	6	$138	$168	2/10
Thursdays	6	$138	$168	2/11
Fridays	6	$138	$168	2/12
Saturdays	6	$138	$168	2/13
Sundays	6	$138	$168	2/14

ADDITIONAL REGISTRATION INFO

- To use a gift card or account credit toward registration, email ripples@weymouthclub.com. Our online system is unable to process credits or accept gift cards.
- Registration is non-refundable, non-transferrable after January 4th.
- If Weymouth Club is unable to collect payment for any reason, a $20 administrative fee will be assessed to your account. Any outstanding balance, including applicable fees, will remain due until paid. If payment remains outstanding for two or more months, management reserves the right to forward the balance to a credit/collection agency.
- In the case of a cancellation by the Weymouth Club, we will reach out to reconcile.
- When program registration allows / space is available, makeup lessons for personal absences may be coordinated for a $9 service fee.

SESSION CALENDAR							
DAY	MON	TUE	WED	THU	FRI	SAT	SUN
JAN	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31
FEB	1	2	3	4	5	6	7
	8	9	10	11	12	13	14

CLASS OFFERINGS							
LEVEL	**MONDAYS**	**TUESDAYS**	**WEDNESDAYS**	**THURSDAYS**	**FRIDAYS**	**SATURDAYS**	**SUNDAYS**
RIPPLES 1	10:00am 11:30am 4:30pm 5:30pm	10:00am 5:00pm	10:00am 5:00pm 5:30pm	9:30am 10:30am 5:00pm	9:00am 10:30am	9:00am 10:30am 11:00am	9:00am 9:30am 11:00am
RIPPLES 2	10:30am 4:00pm 6:00pm	9:00am 10:30am 5:30pm	9:30am 10:30am 4:30pm 6:00pm	10:00am 5:30pm	10:00am	8:30am 9:30am	8:00am 10:00am
RIPPLES 3	11:00am 5:00pm	9:30am 6:00pm	11:00am 4:00pm	11:00am	9:30am	10:00am	8:30am 10:30am

PROGRAM BASICS

- Lessons are 30 minutes each, scheduled weekly.
- Lessons take place in our recreational pool, which is heated year-round and indoors from Labor Day to Memorial Day.
- Each swimmer must be accompanied by one adult.
  - Sibling swimmers in the same class require separate adults.
  - Additional adults are not permitted to join class. This preserves space for learning and limits distractions.

Note: A minimum of 3 students must be enrolled for any class to run. We will reach out to impacted swimmers to coordinate an alternate class slot if the chosen slot cannot run.

LESSON LOGISTICS

- Strollers are not permitted on the Rec Pool deck during the indoor season (Labor Day to Memorial Day) - please park strollers in the aquatics hallway as necessary.
- Check in with the Deck Coordinator (DC) upon arrival at the Rec Pool.
  - The DC is stationed at a desk near the shallow end of the pool.
  - They take attendance and can help you get oriented on the pool deck.
  - If there is no DC on deck (Mon/Wed/Fri mornings), stop in at the aquatics office if you need help.
- Wait to enter the pool until your lesson begins and your instructor invites you into the water.
- Do not move chairs and follow all posted signage on deck.
- Do not crowd the stairs or lesson area; this distracts swimmers.
- Limit video and photo recordings to a small window of time and your swimmer alone.

IMAGE RELEASE

At times, the Weymouth Club will photograph or video record programming and its participants for marketing purposes. By registering your swimmer for a Ripples class, you acknowledge that their likeness may be captured and used in Weymouth Club social media and marketing materials.

CODES AND POOL CLOSURES

Swim Diaper Requirements (Code Brown Prevention)

- All Ripples swimmers must wear 2 layers of protection under their bathing suit. This includes potty-trained swimmers.
  - **Inner Layer:** Disposable Swim Diaper
  - **Outer Layer:** Non-adjustable reusable diaper (Available for purchase at the Aquatics Pro Shop or Amazon)
- If you think your child may have had an accident, take them out of the pool before checking their diaper.

Food and Water Consumption (Code Green Prevention)

- Limit food intake from 2-3 hours before class.
- Monitor water consumption during class.
- If vomiting happens frequently, inform your instructor so they can assist in addressing and preventing it.
- If a swimmer vomits, they must be removed from the class and are not allowed to return that day.

Note: If a child has two code accidents (green or brown) within six months, their participation will be put on hold. There will be no refunds, make-ups or credits for classes missed due to this hold status.

CURRICULUM / SESSION LEARNING OBJECTIVES

Ripples 1

Assisted back float with ears in the water
Full submersion in water
Breath control
Blow bubbles
Climb out of the water safely
Assisted sitting jumps

Ripples 2

Assisted to independent back float with ears in the water
Assisted front float
Assisted kick on back with ears in the water
Assisted to independent rollover
Full submersion from wall (sitting to standing)
Retrieve rings from the bottom of the dock
Climb out of water independently
Introduction to pulls, i.e. scoops (the propulsion phase of the stroke)

Ripples 3

- Independent back float
- Independent rollover and float for 20 seconds
- Independent “pulls/scoops” from the dock to caregiver, then wall to dock
- Independent kick on back
- Retrieve ring from bottom of pool
- Standing jump, to rollover and float independently for 20 seconds
- Follow directions, pool safety, dock safety
- Develop independence from parents to prepare for Splash classes

FREQUENTLY ASKED QUESTIONS

- **Can I be the swim partner for both my children?**
  - Each child needs their own adult partner. The swim partner should be able to consistently attend the weekly lessons.

- **My child is potty trained. Do they still need to wear diapers?**
  - All children in the Ripples program, regardless of being potty trained or not, must wear two diaper layers. The two layers are a reusable swim diaper and a disposable swim diaper.
  - If a child has two code green/code brown accidents within six months, their participation will be put on hold. Any missed classes due to the hold status, there will be no refund, make-ups, or credits issued.

- **When will my swimmer be promoted to the next level?**
  - Swimmers typically stay in a level for a few sessions. Your instructor will guide you in choosing the best class for your swimmer for the next session.

- **Is there a lifeguard on duty during class?**
  - Yes, safety is our #1 priority. We always have lifeguards on duty while the pool is in use.

- **Will the pool be too cold for my little swimmer?**
  - No – your swimmer will be cozy in our heated pool. Our recreation pool is heated to a minimum of 86-degrees Fahrenheit.

- **Can I go swimming with my child before or after our swimming lesson?**
  - Pool usage is for members only. This includes our rec pool, lap pool, and both splash pools. To explore membership options, email membership@weymouthclub.com.
  - Club Members: Please refer to the current Aquatics pool schedule for open swim timing. Swimmers aged 16 and under must wear a wristband while using the pool and need adult supervision.

- **If I withdraw in the middle of the session, do I get a refund?**
  - There are no refunds for withdrawals or absences.

- **Can we change out of our swimsuits after class?**
  - Yes - the Family Locker Room has dedicated changing rooms and changing tables. We also have deck cabanas available. The MA DOH does not permit changing on the pool deck – all diaper and clothing changes must happen in a changing room or cabana.