



Summer Swimming Lessons 2024 Update

Outdoor Lessons

NARA Park Beach Swimming Lessons, Acton

978-929-6640

[Town of Acton Recreation Department: Swim Lessons: NARA Beach Private American Red Cross Swim Lessons \(Ages 4 and older\) \(myrec.com\)](#)

recreation@acton-ma.gov

Beach membership not required to participate in Red Cross swim lessons, which begin at age 4.

Codman Pool, Lincoln

781-259-0784

[Red Cross Swim Lessons | Lincoln, MA - Official Website \(lincintown.org\)](#)

dsequeira@lincnet.org

American Red Cross lessons in 2-week sessions. Guppy lessons for children who are age 3 by June 1 and have limited fear of water and are willing to put their face in the water. Parent/guardian must be willing to get in the water if needed. Learn to Swim Level 1 lessons for children who are entering Kindergarten in Fall. Lessons continue through Level 6.

Membership required unless Lincoln resident.

Westford Recreation Department Lessons

978-692-5532

<http://www.westfordrec.com/info/activities/default.aspx>

mcollett@westfordma.gov

Water orientation lessons for first-time swimming preschoolers age 3-6, or water games for ages 4-6. Resident/nonresident fees, held at Edwards Beach in Nabnasset. Lessons begin end of June.

Long Lake Beach, Littleton

littletonrec@littletonma.org

978-540-2490

[Littleton Parks, Recreation and Community Education: Swim Lessons \(Group and Private\) \(myrec.com\)](#)

Learn to Swim Lessons (ages 2-5) and Level 1 (ages 5-8) promote safety and comfort with the water. Level 1 requires children to put their faces in the water. Level 2 (ages 5+) lessons require children to submerge their entire head in the water. Resident/nonresident fees. Lessons begin end of June.

Springs Brook Park, Bedford

781-275-1392

[Springs Brook Park | Bedford, MA \(bedfordma.gov\)](#)

recreationdepartment@bedfordma.gov

Membership required for lessons unless Bedford residents. If not members, students and accompanying family members must pay a daily fee. Swim lessons for ages 4 and up and held rain or shine (not in thunderstorms).

White Pond, Concord

concordrec@concordma.gov

978-287-1050

Membership required for lessons. Information through Concord Recreation Dept. Lesson registration begins April 25.

[Concord Recreation Department: White Pond Membership \(myrec.com\)](#)

Harvard Town Beach

recreationdirector@harvard-ma.gov

774-670-0270

American Red Cross summer lessons level 1-6 in addition to parent & child ages 0-4. Nonresidents must park at the schools and leave the beach when lessons are complete.

[Harvard Parks, Recreation & Community Education: Learn to Swim \(myrec.com\)](#)

Indoor Lessons Held Year Round

SMILE Mass Swimming Program for children with special needs

617-967-7755

[Club SMILE Mass - Smile Mass](#)

Lessons by appointment, held at Atkinson Pool in **Sudbury**, by certified staff. Inquire through website form.

Survival Swimming Lessons through ISR Metrowest alex.thompson@infantswim.com www.isrmetrowest.com

Infant Swimming Resource is an aquatic survival technique designed to help infants and young children survive should they reach the water alone. The program teaches these skills in conjunction with basic swim lessons that give them the competence required to enjoy the water. Alex is a Certified ISR Instructor, Registered Pediatric Nurse, and mom of 3. She is passionate about drowning prevention. Next class is May 13, 2024 at Atkinson Pool in **Sudbury**. Email to be added to a list to be notified of other classes being scheduled.

Beede Swim & Fitness Center Lessons, Concord

978-287-1000

<http://concordrec.com/201/Beede-Swim-Fitness-Center>

knutter@concordma.gov

Learn to Swim Program is based on 6 skill levels. Parent & child class for 6-36 mos. Preschool I, II and III for ages 3-5 are held in groups of 10 lessons. Member and nonmember rates.

Goldfish Swim School, Westford

978-704-8040

[Swim Lessons](#) | [Swim School](#) | [Westford](#) | [Chelmsford](#) | [Acton](#) (goldfishswimschool.com)

Weekly group lessons for ages 4 months and up. Parent-child for ages 4-35 months Learn to swim lessons begin at age 2. **Membership required.** Pool is heated to 90 degrees.

Harvard Ridge Pool

978-635-0500

www.swymfit.com

swymfitswimminglessons@gmail.com

Swim lessons based on the Red Cross Learn to Swim model. Guppy classes are for 2.5 year olds and others until they are comfortable in the water, can submerge their face and blow bubbles. Level 1-6 begins at age 4. Parent-Child class is for 18-36 months. Member and nonmember pricing.

The Thoreau Club, Concord

978-831-1215

https://www.thoreau.com/club/scripts/library/view_document.asp?NS=YOUA&DN=YALEARN club@thoreau.com

Parent-child program for ages 6 months to 3 years. Swim lessons are held year round, indoors (& outdoors in summer). Member/nonmember pricing.

Westford Racquet and Fitness Club

978-692-7597

<https://westfitclubs.com/aquatics/dolphin-swim-school/>

ttringale@westfitclubs.com

Year-round swim classes with member and nonmember rates. Parent-child class for ages 6-36 months. Group lessons begin at age 3, then three levels of preschool lessons for ages 4-5. Level 1 swim lessons begin at age 6-8. Register in person, by phone, or on website. Outdoor pool available in summer.

Acton-Boxborough Regional High School Pool

978—264-4700 x12001

<http://abce.abschools.org>, 15 Charter Road, Acton

ceregistrar@abschools.org

Bathing caps required. Summer lessons for ages 5 & up. 5/6 years is Intro to Swimming & Safety, with regular lessons starting at first grade.