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 (lincolntown.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 978-540-2490  
littletonrec@littletonma.org  
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 978-287-1050  
concordrec@concordma.gov  
**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 774-670-0270  
recreationdirector@harvard-ma.gov  
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](tel:978-287-1000)  
[http://concordrec.com/201/Beede-Swim-Fitness-Center](http://concordrec.com/201/Beede-Swim-Fitness-Center)  
[knutter@concordma.gov](mailto: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](tel:978-704-8040)  
[Swim Lessons | Swim School | Westford | Chelmsford | Acton (goldfishswimschool.com)](http://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](tel:978-635-0500)  
[www.swymfit.com](http://www.swymfit.com)  
[swymfitswimminglessons@gmail.com](mailto: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](tel:978-831-1215)  

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](tel:978-692-7597)  
[https://westfitclubs.com/aquatics/dolphin-swim-school/](https://westfitclubs.com/aquatics/dolphin-swim-school/)  
[ttringale@westfitclubs.com](mailto: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](tel:978—264-4700 x12001)  
[http://abce.abschools.org, 15 Charter Road, Acton](http://abce.abschools.org)  
[ceregistrar@abschools.org](mailto: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.

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