

LOCATIONS & DIRECTIONS

■ Attleboro High School, Attleboro Massachusetts is located 100 Rathbun Willard Drive.

Take I-95 to the Attleboro Exit #3A, Route 123 towards Attleboro Center. Immediately after exiting off I-95, take a left at the Shell gas station onto Lathrop Drive. Follow approx. one mile and take a right onto Rome Blvd. Rome Blvd will curve to the right and then back to the left before becoming Rathbun Willard Drive. Attleboro High School will be on your right. Enter the first large parking lot next to the School.

■ Cumberland High School, Rhode Island. 2600 Mendon Road

I- 295 take the RI-122 North exit # 10-toward Cumberland/Cumberland Hill/Woonsocket. Turn Slight Right onto Mendon Rd/RI-122. The entrance to the High School is on your left. Proceed up the hill to the parking lot.

■ Raynham Athletic Club, Raynham, MA. 1250 New State Hwy.

Route 24 to the Route 44 Middleboro exit. Go through two sets of lights and the Raynham Athletic Club will be approximately ½ mile on the left next to the Toyota car dealership.

BE A WISE CONSUMER!

When selecting a program for your child, choose the organization that will help your child grow and achieve their maximum potential in a positive and professional environment. Opt for a program that has a proven track record. The Bluefish have been sending swimmers to USA Nationals and Junior National competitions for over three decades. By choosing the Bluefish you are selecting a program that has spent decades building champions.

How to Reach Bluefish

Feel free to contact us anytime with questions about our programs. We also encourage you to visit our website to learn more about our Club.

Bluefish Phone: 508-455-2791

Fax #: 508-455-2792

Website: www.abfswim.com

E-mail :

abfswimsccl@yahoo.com

Address: P.O. Box 676
Raynham Ctr., MA 02768

LEARN TO SWIM



What we Do!

We offer learn to swim lessons starting from complete beginners at twelve months. We help children gain proficient swimming skills and a love for the water.

Learn to Swim With the Bluefish



The Bluefish Swim Club (ABF) is a United States Swimming member and a participant in New England Swimming. ABF provides structured instruction, training and competition for all ages and abilities. Pre-competitive and competitive swim teams are offered as well as our adult Masters program. Swim lessons start at twelve months with a parent and three years without a parent.

BLUEFISH SWIM SCHOOL

The Bluefish swim school uses a station teaching method, breaking swimming into the core components, allowing swimmers to master one component at a time. This method allows students to progress at their own rate. Each level has a defined lesson plan testing student's skills and progress during every class. Once the swimmer has mastered a station's skills they graduate to the next level. Our student to instructor ratios are small and vary by level. Our stations are divided into three programs Toddler, Preschool and Children.

Parent Tot Program is for toddlers who are twelve months thru three years of age. Children are accompanied by a parent or adult into the water. Student to instructor ratio is 10 to 1. Toddler classes are a half hour in duration. Class instruction is in water adaptation, floating, and kicking.

Our Preschool Program is designed for children from 3-6 years of age ready to go in the water without a parent. Student to instructor ratio is four to one. All preschool classes are a half hour in duration.

■ Preschool - One Fish - Introduction to basic breathing drills, blowing bubbles, floating and kicking.

■ Preschool - Two Fish - Emphasis is placed on kicking, breathing and self propulsion.

■ Preschool - Three Fish - Introduction to rotary breathing, freestyle and backstrokes and diving are included.



Children's Program from age six and up. Student to instructor ratio is four to one for Level 1 and Level 2. Level 3 and Level 4 the ratio is 6 to one. Class duration is a half hour for Level 1 and Level 2 and forty-five minutes for Level 3 and Level 4.

■ Level 1 – The beginner class teaches floating, kicking and basic breathing drills.

■ Level 2 – Introduction to rotary breathing, freestyle and backstroke and diving.

■ Level 3 – Continued development of freestyle and backstroke. Focus is on mastering rotary breathing and building endurance.

■ Level 4 – Development of all four strokes. Freestyle, Backstroke, Breaststroke and Butterfly. Introduction to flip turns and racing dives.

Graduate Opportunities!

Upon Completion of Bluefish Swim School stations children are invited to join the Bluefish Competitive swim team. Our pre-competitive program is an excellent transition for students into competition swimming!!

STAFF

A critical element that enables our swimmers to succeed is our staff. The Bluefish have assembled a staff of trained and enthusiastic people. It is their commitment and passion for teaching children and their love of swimming that is essential in creating an environment where swimmers thrive and progress quickly. All instructors undergo a rigorous training program to ensure quality and consistency in all our lessons.

Program Director Christie Batchelor was a competitive swimmer for thirteen years. She is a graduate of Kenyon College where she was a part of NCAA Championship Teams. She has been coaching and instructing swim lessons for 10 years. Christie comes to the Bluefish with a proven track record. Under her management her previous program grew from 60 to 400 swimmers in less than four years.