

Summer 2016 Swim Lessons

Lake Potanipo in Brookline

Child must be at least 5 years old

35 minute classes Mon-Thurs, 3 week sessions

All classes held 9-11am depending on Level

Level is determined by age and ability

Level 1- Intro to Water being OK and safe in water

Level 2- Fundamental Aquatic Skill begin learning strokes, jumping into deeper water

Level 3- Stroke Development continue learning strokes, rhythmic breathing

Level 4-Stroke Improvement begin work on stamina

Level 5-Stroke Refinement increase stamina-distance

Level 6-3 levels greatly increased stamina and long distance swimming

6A-Personal Water Safety-learn personal float technique etc

6B-Fitness Swimmer distance swim and Cooper 12 minute swim test

6C-Lifeguard Readiness-practice rescue techniques and distance-Session 2 only

Parent/Baby Class: 1-3 years old with parent. 20 minute class-\$30/child

Most Levels taught by Red Cross Certified Teachers

Session 1-Monday July 11th -Thurs July 29th

Session 2-Monday Aug 1 -Thurs August 19th

\$60/child/session --4th child 1/2 price

(you do not have to live in Brookline to participate)

please pass this on to folks you know in surrounding towns-NH and MA

To register: Calling is BEST if you haven't been with us before

Cheryl @ 603.672.3104 calls will be returned on Tues- Thurs evenings
or at chodonnell48@gmail.com

Sponsored by the Town of Brookline, NH

Not a School Sponsored event