

Summer 2017 Swim Lessons

Lake Potanipo in Brookline

Child must be at least 5 years old

35 minute classes every 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-has 3 levels greatly increase 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 Session 1 only

Most Levels taught by Red Cross Certified Teachers

Session 1-Monday July 10th -Thurs July 27th

Session 2-Monday Jul 31 -Thurs August 17th

\$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

Please make checks payable to Max Cohen Grove

You can pay the first day or send to PO Box 360, Brookline, NH 03033

Sponsored by the Town of Brookline, NH Not a School Sponsored event