

Summer 2018 Swim Lessons Lake Potanipo in Brookline, NH

Child must be at least 5 years old

35 minute classes Mon-Thurs, 3 week sessions
All classes held between 9 a.m. - 11 a.m. depending on level
Level is determined by age and ability

Level 1 - Intro to Water: comfort and safety in water
Level 2 - Fundamental Aquatic Skills: beginning strokes, jumping into deeper water
Level 3 - Stroke Development: learning new strokes, breathing rhythmically
Level 4 - Stroke Improvement: improving stroke technique, increasing swim stamina
Level 5 - Stroke Refinement: refining stroke technique, increasing stamina and distance
Level 6 - (3 parts, A, B, and C): greatly increasing stamina and distance swimming
6A - Personal Water Safety: learning personal survival techniques
6B - Fitness Swimmer: distance and time swimming
6C - Lifeguard Readiness: introduction to rescue techniques (Session 2 only)
Parent/Baby Class: 1-3 years old with parent. 20 minute classes at \$35/pair (Session 1 only)

Most levels taught by Red Cross Certified Instructors

Session 1: *July 9 - July 26*
Session 2: *July 30 - August 26*

\$70 per child per session (4th child half price)

Brookline residency not required for participation
Please tell friends and family in surrounding towns, both NH and MA!

To register, contact Emily at mcmgpotanipo@gmail.com. E-mails will be returned on Tuesday and Friday afternoons and evenings.

Please make checks payable to Max Cohen Grove
You can pay the first day or send to P.O. Box 360, Brookline, NH 03033

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