

SWIM LESSONS SPONSORED BY NEW HOPE AT BOW LAKE DAM--- JULY 13TH-24th --- M-F

COST: FREE!

Class size: Class size is generally limited to 10 students per instructor. Early registration is strongly encouraged.

Lessons will be held from 10am-1:30pm
Level 6 – 10am Level 3 -- 11:30am
Level 5 -- 10:30am Level 2 – 12pm
Level 4 – 11am Level 1 -- 12:30pm
 **Pre-school – 1pm

Lessons meet Monday through Friday and run about 30 minutes each day. **CANCELLATIONS WILL BE POSTED ON STRAFFORD COMMUNITY FACEBOOK PAGE--- If it is raining or thundering, lessons will most likely be canceled.**

Placement: will be according to the instructor’s discretion. **On the reverse side of this form you will find an overview of the level objectives/requirements.**

Safety Requirements/Precautions: Students should have a towel, sun block, and a tee shirt to be worn in the water during lessons to protect them from the sun. **As always, swim goggles are highly recommended for levels 3-6.** Also, anyone with long hair is expected to have it tied back in a pony tail, bun, or braid.

Miscellaneous: **At the Pre-school level it will be helpful to the instructor and students if parents/adults can be ready be in the water to help their child practice skills during the lesson.

If you have any questions, you may contact Ted White at 603-285-3533.

PLEASE READ THE 2ND PAGE BEFORE PLACING YOUR CHILD IN A LEVEL

-----Please have one copy per child-----

Please Print:

Student’s Name: _____

Phone: _____ Age: _____

Address _____

Parent/Guardian: _____

Work Phone: _____

Medica/Physical Problems _____

Please Check:

_____ Pre-school (3-5 yr. Old)

_____ Level 1

_____ Level 2

_____ Level 3

_____ Level 4

_____ Level 5

_____ Level 6

I will not hold New Hope or any of its employees responsible for any injuries that my child may incur while participating in swim lessons. I also realize that I am responsible for my child at all times when swimming lessons are taking place.

Please sign _____

Please email this form to tedwhite03884@gmail.com.

BRIEF OVERVIEW OF LEVEL REQUIREMENTS AND OBJECTIVES

Preschool: This level is geared toward helping children feel comfortable in the water. No water skill is necessary. Parents are strongly encouraged to be in the water with children for safety and comfort.

Level 1 (Introduction to Water Skills): The objective of this level is to learn how to build confidence in the water. Students should be comfortable entering the water.

Level 2 (Fundamental Aquatic Skills): The objective of this level is for students to learn how to swim on their front, back, and side. Students should be comfortable putting their head underwater.

Level 3 (Stroke Development): The objective of this level is to learn basic stroke movements. This is essential for learning proper stroke form.

Level 4 (Stroke Improvement): The objective of this level is to learn all strokes. By the end of the session, students will be able to perform all strokes at a basic level.

Level 5 (Stroke Refinement): Students should have a basic understanding of how to perform all strokes. In this level, students will refine strokes while building endurance.

Level 6 (Swimming and Skill Proficiency): Students should know all strokes and be comfortable performing them for several lengths of the rope. The objectives of this level are to perfect strokes and build endurance.