

Town of Harrisville Swimming Lesson 2019 Summer Program

This program is offered through the Town and it is open to all town residents free of charge. This year we will be offering Teen and Adult Swim Tips: improving strokes and swim skills. Here are the dates scheduled for the summer program. In case of inclement weather, lessons will automatically be cancelled. Please fill out the program form so that we can determine appropriate placement for swimmers. For further information contact Kyle Anderson: kylebud12@me.com or 603-831-9989

Dates for lessons:

July 15th-19th

July 22nd-26th

July tba – for make-up lessons – (these are lessons that I cancel due to weather and that get scheduled)

Times for lessons:

9:00 am – 9:35 am – Teen and Adult Swim Tips – improving strokes and swim skills

9:35 am – 10:10 am – Pre-Level One (parents must come in the water with their children)

10:10 am – 10:45 am - Level One

10:45 am – 11:20 am – Level Two

11:20 am – 11:55 am – Level Three

11:55 am – 12:30 pm – Level Four, Five, and Six

It is expected for parents (guardians) to be in attendance at the beach when their child is having their lesson and that they supervise their child while at the beach. If your child is swimming before or after a lesson they need to be supervised by their parents (guardians) at all times.

The following is a description of the appropriate swim levels:

Parent/Toddlers Pre level One

If a parent thinks that their child will be very afraid of being in the water without them, We need to have the parent in the water and we will work that parent out of the water eventually depending on the age and independence of the child.

Level One:

Skills to be learned are open eyes underwater, putting face in the water, blowing bubbles, picking up objects under the water, balance and control movement in water, front float, back float independently.

Level Two:

Beginning stroke development, tickle T touch on back, reach and pull without touching bottom and face in the water, swim underwater to retrieve objects, hold breath underwater, flutter kick front and back, learn front and back stroke, back float and front float for longer period of time.

Level Three:

Can swim front and back stroke, elementary back stroke, can swim 25 feet non-stop in stroke, deep water bobbing, treading water for 1 minute, swim underwater for 10 feet, work on whip kick on back and front, beginning breaststroke and dolphin kick

Level Four, Five, Six:

Has a basic understanding of the front crawl, backstroke, breaststroke, and elementary backstroke, stroke refinement, endurance swimming, butterfly stroke

Registration Form for the Harrisville Swim Lessons – 2019

Forms may be mailed to: Kyle Anderson, Jaquith Road Harrisville, NH 03450 or scanned and emailed to kylebud12@me.com 603-831-9989

* **Note:** Please fill out one form per swimmer.

Name: _____ **D.O.B.** _____

Address: _____

Phone Number(s): _____

Email: _____

(used often – for important information like cancellations due to weather)

Please check the swim time that you plan to attend during the summer session. Refer to the level requirements. **The parent or guardian must watch their child while the child is participating in the lesson(s).**

_____ **9:00 am – 9:35 am – Teen and Adult Swim Tips**

_____ **9:35 am – 10:10 am Pre-Level 1** parents must go in the water with their children

_____ **10:10 am – 11:45 am - Level One**

_____ **11:45 am – 12:20 pm – Level Two**

_____ **12:20 pm – 12:55 pm – Level Three**

_____ **12:55 pm – 12:30 pm – Level Four, Five, and Six**

Information that you feel will be helpful and important for the instructor to know about your child while they are taking swimming lessons. Any medical needs, special services need, etc. please contact the instructor prior to lessons.

This is not a school sponsored event.