



**Pembroke
Swimming
Lessons**

Pembroke Recreation will offer swimming lessons this summer through the American Red Cross. Registration forms are at the area schools and may also be picked up at the Pembroke Town Hall. Lessons will be held at the Livingston Pool in Manchester. There will be three sessions:

- Session 1 - July 4 - July 15
- Session 2 - July 18 - July 29
- Session 3 - August 1 - August 12

Different swim levels offered:

- Parent and Child - levels 1 - 2 - (designed for children ages 3 and 4)
- Preschool Aquatics - levels 1 - 3
- Learn to Swim - levels 1 - 6

A description of swim levels are available with the registration form. Registration is on a first come, first serve basis. Cost is \$50 per session. Please register in advance as registrations will not be accepted on the first day of classes. **Questions call 848-9677.**



2011 Summer Swim Program



Enroll in the American Red Cross Summer Swim Program! Our certified instructors teach a variety of swim strokes and safety techniques to keep your family safe in and around the water. Our program will start on July 4th at Livingston, Hunt Pools. Times and dates of lessons are listed below. Please consult the attached brochure for descriptions of swim levels. **Registrations** will be accepted by mail to American Red Cross, 2 Maitland Street, Concord, NH 03301 until **July 1, 2011** for session I, **July 14, 2011** for session II and **July 28, 2011** for session III. Registration is accepted on a first come, first serve basis, but please register in advance as **registrations will not be accepted on the first day of classes**. For more information, please consult our web-site at www.nhredcross.org or call the office at 800-464-6692. **PLEASE NOTE: Classes and/or Levels may change based on instructor recommendations and availability.**

Session 1: July 4 – July 15
Session 2: July 18 – July 29
Session 3: August 1 – August 12

Fees: One child- \$50.00 per session
 The second child in the same family is \$40 per session

Parent and Child Program: Designed for children ages 3 and 4. This program is designed to get children accustomed to entering and exiting the pool alone, kicking legs, floating with support, reaching with arms, and understanding pool safety. A variety of games are played to make learning fun! **Students must be 3 years of age by June 1st to register for this program.**

Learn-to-Swim Levels 1-6: Students must be 5 years of age by June 1 to enter

Lesson Time Schedule:		<ul style="list-style-type: none"> Registration fee(s) are non-refundable A parent/guardian/daycare provider must be present during lessons for Parent and Child, Learn-to-Swim Levels 1,2,3 and Preschool level 1 and 2 Classes are held Monday-Friday for a two week session Sign your child up for the level that best fits their ability. It is easier for us to move a child up a level, than to move a child down a level. It is not uncommon for a child to stay in the same level for multiple sessions during the summer. If signing up for multiple sessions, select the same level and if your child passes to the next level we will make those changes. Classes are not cancelled on rainy days. Only during thunder and lightning. Pool safety and First Aid are discussed on rainy days.
Parent and Child Level 1	10:30-11:00	
Parent and Child Level 2	10:30-11:00	
Preschool Aquatics Level 1	9:45-10:15	
Preschool Aquatics Level 2	9:45-10:15	
Preschool Aquatics Level 3	10:30-11:00	
Learn-to-Swim Level 1	9:45-10:15	
Learn-to-Swim Level 2	9:45-10:15	
Learn-to-Swim Level 3	9:00-9:30	
Learn-to-Swim Level 4	9:00-9:30	
Learn-to-Swim Level 5	9:00-9:30	
Learn-to-Swim Level 6	9:00-9:30	

Please complete the following information and detach at line above. Keep the top portion for your reference. Please return this form to the American Red Cross at 2 Maitland Street, Concord, NH 0330. (Attention: Summer Swim). Please make checks payable to: American Red Cross.

Parent/Guardian (Please Print) _____

Signature (Parent's signature required for all participants less than 18 years of age) _____

Mailing Address _____

Daytime Phone _____ Evening Phone _____ Cell _____

E-mail Address _____

Emergency Contact (name/phone) _____

Any Allergies/special considerations to be aware of _____

How did you hear of the program? _____

Participant Name	DOB	Type of Class/ Swim Level	Session(s)	Time of class	Fee

If paying by credit card, please provide the following information:

Name as it appears on card: _____

M/C or VISA (circle one)

_____ - _____ - _____ Expiration ____/____ Security Code: _____

Authorization #
(for office use only)

Swim Lesson Levels Descriptions

Infant, Toddler, Preschool (Parent & Child)

Developed for children 6 months to 5 years of age, Parent and child aquatics builds swimming readiness by emphasizing fun in the water. Parent and child participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, under water exploration and more.

Level 1 Learn to Swim

Enter and exit the water safely, submerge mouth, nose and eyes, exhale underwater (blow bubbles) through mouth and nose, open eyes underwater, pick up a submerged object held at arms length, show comfort maintaining a front float/back position, while supported, recover to a standing position while supported, change direction of travel while walking or paddling, roll over from front to back while supported, swim on front and on back while using any combination of arm and leg actions while supported (5 feet).

Level 2 Fundamental Aquatics Skills

Demonstrate a front/back glide (2 body lengths), Float in a face-down position, recover from a back float to a standing position while unsupported, tread water, using arm and leg motions, in chest-deep water, Swim on front/back using any combination of arm and leg actions while unsupported (15 feet), Swim on side using an alternating or simultaneous leg action (5 feet).

Level 3 Stroke Development

Independently jump into deep water from the side, demonstrate a head-first entry from the side in a sitting or kneeling position, submerge and retrieve an object (independently) from chest-deep water (3 seconds), demonstrate rotary breathing with body in a horizontal position, demonstrate a front glide using 2 different kicks (2 body lengths), demonstrate a survival float in deep water, demonstrate a back glide using 2 different kicks, demonstrate a back float in deep water, Tread in deep water, using hand and leg movements, Demonstrate each stroke for the following distance: Front crawl (15 yards) Back crawl (15 yards), Butterfly-kick and body motion(15 feet).

Level 4 Stroke Improvement

Demonstrate a dive from a compact or stride position on the side of the pool, Swim underwater (3 body lengths), Demonstrate an open turn using any stroke on front and back and push off in a streamlined position, tread water using a modified scissors, Demonstrate each stroke for the following distances: Front crawl-25 yards, Back crawl-25 yards, Butterfly-15 yards, Breaststroke-15 yards, Elementary backstroke-15 yards, Swim on side using scissor-like kick-15 yards.

Level 5 Stroke Refinement

Demonstrate a shallow dive from the side, glide two body lengths and begin any front stroke, swim underwater (15 yards), Demonstrate a tuck and pike surface dive, submerging completely, Demonstrate front/back flip turns demonstrate the following strokes: Front crawl-50 yards, Back Crawl-50 yards, Butterfly-25 yards Breaststroke-25 yards, Elementary backstroke-25 yards, Sidestroke-25 yards, Demonstrate survival swimming (2 minutes).

Level 6 Swimming and Skill Proficiency

This course has 4 components all of which stress endurance swimming & stroke technique. Personal Water Safety, Lifeguard Readiness, Fitness Swimming, Fundamentals of Diving.