



## 2024 Exeter Parks & Recreation Swim Lessons Ages 3+



**PROGRAM:** Exeter Parks & Recreation Department will offer our annual Learn-To-Swim Program for students ages 3&4 (“PreK-Beginner and PreK-Advance”) and students ages 5 and up (Levels 1-6). Students must meet the age requirement by the start of class. EPRD Learn-to-Swim classes provide instruction to help students develop their swimming skills, increase water competency and have fun! Classes include instruction from our trained, certified lifeguards. Please see reverse page for lesson level descriptions to help you decide on where to register your child. **Please note, if it is determined by our aquatic staff that your child should be placed in a lower or higher swim level class, we will do our best to accommodate the change. In the event a class is full and we cannot accommodate the change, we will issue a refund and place your child on a waitlist.** Please do not register your child for the wrong swim lesson level, we cannot guarantee space in their correct level.

**REGISTRATION:** Registration begins **Monday, March 11, 2024** and is open to residents and non-residents. We may announce at any time during the registration that a cap, or limit, has gone into effect. At that point a waiting list will be started. Registrations are accepted at the Exeter Recreation Office during our business hours, on-line, mail or by phone. Payment must be paid at the time of registration.

**CLASS TIMES & INFORMATION:** Classes are held Monday, Wednesday and Friday. Your child will attend 3, 40-minute classes per week, for 4 weeks (first session and/or second session). Use the table below to see which level/time works best for you. *For example, if you chose a level 1 class for 9:00 – 9:40AM, that will be your time for Mondays, Wednesdays and Fridays.* We have four (4) different time slots for most of our swim level classes. Classes may be cancelled due to inclement weather (thunder/lightening/heavy rain/cold water temperature). **Lessons cancelled due to inclement weather will not be made up & price is not adjusted.** All lessons are held at The Dan Healy Memorial Outdoor Pool located on Rout 27 (4 Hampton Road) Exeter, NH. **Maximum 6 per class.**

**FEE:** Please make your check payable to: E.P.R.D. Visa, Discover, MasterCard, Google & Apple Pay accepted. Sorry, no refunds unless the class is cancelled. There will a \$20.00 fee charged for each returned check.

**First Session – June 17 – July 12, 2024 – Fee: \$95.00/Resident or \$105.00/Non-resident**  
**Second Session – July 15 – August 9, 2024 – Fee: \$100.00/Resident or \$110.00/Non-Resident**

9:00AM-9:40AM	9:45AM-10:25AM	10:30AM-11:10AM	11:15AM-11:55AM
<b>PreK-Beginner</b>	<b>PreK-Beginner</b>	<b>Wee Swim</b>	<b>Wee Swim</b>
Level 1	Level 1	<b>PreK-Beginner</b>	<b>PreK-Beginner</b>
Level 1	Level 1	Level 1	Level 1
<b>PreK-Advance</b>	<b>PreK-Advance</b>	<b>PreK-Advance</b>	Level 1
Level 2	Level 2	Level 1	<b>PreK-Advance</b>
Level 2	Level 2	Level 2	Level 2
Level 3	Level 3	Level 3	Level 4
<b>Adult Beginner</b>	Level 5/6	Level 4	Level 5/6

**“Wee Swim” Parent/Child Toddler Class:** We offer a parent/child learn to swim program for children ages 6 months through 2 years old. See our Wee Swim Information form for more information.

**Private/Adult Lessons:** We also offer private 1-on-1 lessons on Mondays and Fridays throughout the summer. See our Adult Learn to Swim and Private Lesson Information forms available on our website and at our office for more information.

## **SEE REVERSE PAGE FOR SWIM LEVEL DESCRIPTIONS TO HELP WITH CHILD PLACEMENT** **CLASS PLACEMENT GUIDE FOR EPRD SWIM LESSONS**

The following guide has been prepared to assist parents and guardians in placing their child in the proper class for the Learn-To-Swim Program based on their level of swimming abilities. Each child will be tested at the beginning and end of each session.

### **Ages 3 & 4**

**PreK-Beginner – Introduction to Water Skills:** Students will learn fundamentals of swimming which include but are not limited to: getting their faces wet, blowing bubbles, bobbing, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kicks, supported front crawl, and jumping in with assistance.

**PreK-Advance – Fundamental Aquatic Skills/Stroke Development:** Swimmers should be able to, with support, float on their front and back. They should be comfortable putting their head under water and able to blow bubbles for 3-5 seconds. Students in this class will work on independent front and back floating, independent rolling over from front to back and back to front, independent front and back glides, front crawl, backstroke, retrieving objects from underwater and jumping into water over their head.

### **Ages 5 and up**

**Level 1 / STARFISH - Introduction to Water Skills:** Students will learn fundamentals of swimming which include but are not limited to: getting their faces wet, blowing bubbles, bobbing, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kicks, supported front crawl, and jumping in with assistance.

**Level 2 / MINNOW - Fundamental Aquatic Skills:** Swimmers should be able to, with support, float on their front and back. They should be comfortable putting their head under water and able to blow bubbles for 3-5 seconds. Students in this class will work on independent front and back floating, independent rolling over from front to back and back to front, independent front and back glides, front crawl, backstroke, retrieving objects from underwater and jumping into water over their head.

**Level 3 / GUPPY - Stroke Development:** Swimmers should already be comfortable swimming front crawl and backstroke for about ten body lengths. Swimmers will continue to work on: gliding, front crawl, backstroke, retrieving objects from under water, and jumping into deep water. New skills that will be introduced include but are not limited to: rotary breathing, breaststroke kick, dolphin kick, elementary backstroke, and sidestroke.

**Level 4 / SEAL - Stroke Improvement:** Swimmers should already be able to: swim front crawl and backstroke 25 yards. Swimmers will continue to work on: rotary breathing, front crawl, backstroke, treading water, elementary backstroke, sidestroke, and dolphin kick. New skills that will be introduced include but are not limited to: butterfly, breaststroke, flip turns, open turns, surface dives, and diving from a keeling position.

**Level 5 / DOLPHIN - Stroke Refinement:** Swimmers should already be able to: swim front crawl, backstroke, and breaststroke 50 yards, butterfly 25 yds. Swimmers will work to refine all the skills that have been introduced in previous levels with a focus on the four competitive swim strokes. This level includes endurance work and continued progression of other skills.

**Level 6 / SHARK - Swimming & Skill Proficiency:** Swimmers should already be able to: swim front crawl, backstroke, breaststroke, 100 yds, butterfly 50yds, tread water for 3 minutes, and dive from a standing position on the pool edge. Swimmers will work to refine all the skills from the previous level with a focus on the four competitive swim strokes. This level includes endurance work, distance swimming, continued progression of other skills, and an introduction to basic lifesaving skills.

**Please Note:** All our swim lessons are group lessons with limited amount of one-on-one instruction. Instructors will always be in the water with levels 1-3, sometimes in the water with level 4, and often out of the water while teaching levels 5 & 6.

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