



## Private Swim Lessons Ages 3+



**PROGRAM:** Exeter Parks & Recreation now offers private swim lessons for families! Want to sign your child up for one single, 30-minute lesson? Then we have the program for you. Register for as many 30-minute private lessons as you want. Lessons are designed to help swimmers improve on areas from introductory/beginner to swim club proficiency. Classes are limited, so we recommend registering for any dates you may want as soon as possible. All lessons will be offered by our trained American Red Cross lifeguards. Please see the lesson levels on page 2 so that you can register your child in the correct level for their private lesson.

**LOCATION:** All lessons are held at the Dan Healy Memorial Outdoor Pool located on Route 27 (4 Hampton Road) Exeter, NH.

**REGISTRATION:** Registration begins **Monday, March 11, 2024**. Registration is open to children of Exeter and surrounding towns, on a first come, first served basis. Registrations are accepted at the Exeter Recreation Office during our business hours, on-line, mail or over the phone. Payment must be paid at the time of registration. Classes will be held in a slight rain however may be cancelled due to inclement weather (thunder/lightening) or cold temperatures.

**FEE:** Each 30-minute private lesson is \$30. Please make your check payable to E.P.R.D. Visa, MasterCard, Discover, Google and Apple pay accepted. Refunds are not given if a make-up class cannot be accommodated. There will be a \$20.00 fee charged for each returned check. Fee is based on one, 30-minute lesson.

Mondays or Fridays, June 24 – August 19, 2024		
Ages	Times	Fee
3+	12:15pm – 12:45pm	\$30/Resident or \$40/NR



**EXETER PARKS & RECREATION DEPARTMENT**  
32 Court Street, Exeter, NH 03833  
Phone: 603-773-6151  
Website: [www.exeternh.gov/recreation](http://www.exeternh.gov/recreation)  
Business Hours: Monday – Friday, 8:15am - 4:15pm

## **CLASS PLACEMENT GUIDE FOR EPRD SWIM LESSONS**

The following guide has been prepared to assist parents in placing their child/ren 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.

**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.