



2024 Adult Learn to Swim Ages 18+



PROGRAM: The purpose of this Adult Learn to Swim program is to help participants gain basic aquatic skills and swimming strokes. In this program, instructors will teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency. After completion, participants will gain confidence in the following scenarios: 1.) Increase comfort level in the water. 2.) Control breathing. 3.) Experience buoyancy. 4.) Moving through the water. 5.) Learn safety skills and safe behaviors in and around the water.

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

CLASS INFORMATION: Classes are held Monday, Wednesday and Friday. Participants will attend 3, 40-minute classes per week, for 4 weeks (first session and/or second session). Classes may be cancelled due to inclement weather (thunder/lightning/heavy rain). Lessons cancelled due to inclement weather will not be made up & price is not adjusted. Maximum 6 per class.

REGISTRATION: Registration begins **Monday, March 11, 2024**. Registration is open to adults 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 fax. 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.** Maximum 6 per class

FEE: Please make your check payable to E.P.R.D. Visa, MasterCard, Discover, Google and Apply 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.

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

Mondays, Wednesdays & Fridays	
Ages 18+	9:00AM-9:40AM

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