



2011 Swimming Lessons at Gregg Lake

WSI's for 2011 are Hannah Ellsworth and Lisa Hennessy

Organized by Recreation Department: Call 588-3121 to register, or email antrimrecreation@tds.net

- All swim lessons are \$5.00 for first child in a family. (Antrim Residents) Children 12 and under need an adult to be available at the beach during swim lessons, in case of emergency. *Non Residents: \$25/session*
- **Lessons held on Tuesday, Wednesday, Thursday and Friday**
- We will try to reschedule lessons if weather conditions call for canceling more than one lesson.
- Maximum number of kids per staff is 6.
- **Final times are set according to demand.**

Interested in Adult,
Early evening or
adaptive lessons??
Please give us a call at
588-3121!!

Session A: July 5th through July 15th

Level 1: 10:30am Level 2: 11:15am

Level 3: Noon and 3:45

Session B: July 26th through August 5th

Level 1: Noon Level 2: 12:45pm Level 3: 1:30pm Level 4: 2:30

Level One swim with a parent for ages 3-6 at 4:30

Level 2 evening class at 5:15; additional evening levels if there is a demand

Detach here and return form at least one week before lessons start. Space is limited.

Swimming Lesson Registration Form

\$5.00 per student

Fill out completely and return to the Recreation Department, Town Hall, or by mail to Antrim Recreation-Swimming Lessons, PO Box 517, Antrim, NH 03440. Make checks payable to Town of Antrim

_____ Session A _____ Session B _____ Swim Level (See back of page)

Childs Name: _____ Age: _____

Parent Name: _____ Phone: _____

Email: _____ Cell PH: _____

Emergency Contact Name: _____ Phone: _____

Any Allergies/social or other things we need to know? _____

Childs Current Swim Skills: (Please check or fill in where applicable)

1. My child has taken swimming lessons _____ times/summers.
2. My child has taken swim lessons in a _____ pool _____ lake.
3. My child puts her/his face all the way under water: YES or NO
4. My child swims underwater: YES or NO
5. My child likes to play in the water, but does not know any swimming strokes: YES or NO
6. Other info to help us provide great lessons for your child: _____

PLEASE SEE THE BACK OF THIS PAGE FOR IMPORTANT INFORMATION ABOUT OUR REDCROSS SWIM LESSONS.

American Red Cross Learn-to-Swim classes provide instruction to help swimmers of all ages and abilities develop their swimming and water safety skills. It is designed to give students a positive learning experience. Learn-to-Swim teaches aquatic and safety skills in a logical progression. The objective is to teach people to swim and to be safe in, on and around the water. Skills are categorized in the following way:

Water Entry and Exit *Breath Control and Underwater Swimming *Buoyancy *Changing Direction and Position *Treading *Swimming on Front, Back and Side *General and Personal Water Safety & Helping Others

The six learn-to-swim levels and the objectives for each level include:

Level 1

Introduction to Water Skills: helps students feel comfortable in the water and to enjoy the water safely.

Level 2

Fundamental Aquatic Skills: gives students success with fundamental skills. **Children should feel comfortable going under the water (entire head) prior to entering level 2.**

Level 3

Stroke Development: builds on the skills in Level 2 by providing additional guided practice.

Level 4

Stroke Improvement: develops confidence in the strokes learned and to improve other aquatic skills.

Level 5

Stroke Refinement: provides further coordination and refinement of strokes.

Level 6

Swimming and Skill Proficiency: refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options. Each of these options focus on preparing students to participate in more advance courses, such as Water Safety Instructor and Lifeguard Training. These options include: Personal Water Safety; Lifeguard Readiness; Fundamentals of Diving; Fitness Swimming. **AT THIS TIME WE DO NOT OFFER LEVEL 6 AT GREGG LAKE BEACH.**

Unsure about what level your child would be in?

Visit Hannah at the beach on Monday July 4 or July 25th, between 4 and 5 pm.

She will evaluate your child's swimming and determine the level.

We also adjust children accordingly, after their first lesson.