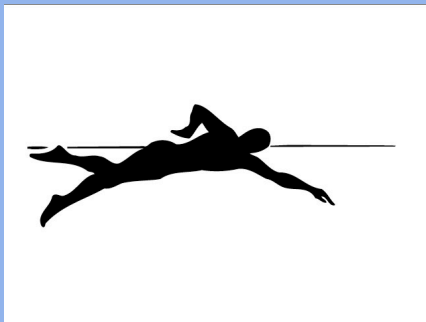


# EVERGREEN

## Sports Center

### SWIM LESSONS 2011-2012

PLEASE CALL TO REGISTER  
(603) 838-6511  
2572 Route 302  
Lisbon, NH 03585



[www.evergreenswim.com](http://www.evergreenswim.com)

#### Water Babies

(6 months - 2years - 30 minutes)

In this class parent & child interact in the water together. This class is designed to acclimate tots to water and teach parents water safety awareness.  
SWIM DIAPERS REQUIRED.

#### Parent & Child

(2 - 5 years - 30 minutes)

Parent and child interact in the water together. In this class water games introduce swimming skills including; kicks, pulls, glides, breath control, and sitting dives. Water safety is strongly stressed. Our main goal is to get the child independent from the parent by swimming with only a swim bubble. Usually ages 2 through 5.  
SWIM DIAPERS ARE REQUIRED FOR ANY CHILD  
NOT YET POTTY TRAINED.

#### Independent Pre-Schooler

(3 - 4 years - 30 Minute Class)

This class is specifically for the 3 to 4 year old who can independently swim with a flotation device without a parent in the water. We keep this class size to 4 children maximum due to the shorter attention spans that can come with this fun age group. For most children in this class it is their first experience with a teacher and a group setting. Skills focus on kicking, pulling, gliding, breath control, jumping, floating and safety.

#### Adult Swim Lessons

(45 Minute Class )

##### **Beginner - Primary Skills and Stroke Readiness**

Purpose: To help students feel comfortable in the water and learn essential elementary aquatic skills. Skills taught include water adjustment, front and back float, introduction to crawl and back crawl.

##### **Intermediate - Stroke Development**

Purpose: to develop confidence in strokes and to increase endurance. Skills taught include front crawl, back crawl, elementary backstroke, introduction to breaststroke. For adults who are comfortable in the water and are looking to learn proper stroke techniques.

##### **Advanced - Stroke Refinement and Skill**

##### **Proficiency**

Purpose: to coordinate and refine key strokes; to polish strokes for better endurance. Skills taught include endurance training for front crawl and back crawl, refining breaststroke, introduction to sidestroke and butterfly, advanced skills.  
\*For adults looking to perfect their technique to increase speed and endurance.

Private Swim Lessons are also available.

Reminder: All participants are required to shower before entering the pool.

#### Level 1 - Water Acclimation

(4 & up - 45 Minute Class)

In this class, children are able to swim with a swim bubble without a parent. Class will focus on; putting faces in the water, blowing bubbles, floating, gliding, supported kicking (using barbells or kick boards), alternating and simultaneous arm actions, combining arms and legs on front & back, turning over, jumping, and safety skills.  
Usually ages 4 & up.

#### Level 2 - Primary Skills

(45 Minute Class)

In this class, children are able to swim without a flotation device. They are very comfortable with putting their faces in the water and blowing bubbles. Class will focus on; flutter kick, finding body balance (horizontal position in water), rhythmic breathing (bobbing), front & back floats & glides, jumping & sitting dives, front crawl introduction, finning & sculling on back, back crawl introduction, side swimming introduction, and safety skills.

#### Level 3 - Stroke Readiness

(45 Minute Class)

In this class, the child is able to swim on their front and back for 15 feet without stopping. The child is very comfortable putting his/her face in the water and can bob up and down 10 times consistently. Class will focus on; the front crawl with rhythmic breathing to the side, the back crawl, elementary back stroke, kneeling and compact dives, treading water, survival float, introduction to butterfly, and safety skills.

#### Level 4 - Stroke Development

(45 Minute Class)

In this class, the child is able to swim the length of the pool with both front crawl (with rhythmic breathing) and back crawl. Class will focus on; endurance and technique for front crawl and back crawl; introducing elementary backstroke, breaststroke, sidestroke kicks; butterfly coordination and endurance; treading water; stride & standing dives; surface dives; survival skills; open turns; and safety skills.

#### Level 5/6 - Stroke Refinement

(45 Minute Class )

This class will focus on all six strokes: front and back crawl, butterfly, breaststroke, elementary backstroke, sidestroke. Flip turns, dives and starts from the start blocks, and endurance and distance are stressed.

# SWIM LESSON AND OPEN SWIM SCHEDULE

	Mon	Tues	Wed	Thur	Fri	Sat
Water Babies (30 min)						10:00
Parent & Child (30 min)	11:00 5:00			10:00 11:30	3:15	10:30 10:45 11:30
Independent Pre-Schooler (30 min)	10:00 5:30	5:00	12:00			11:00 11:15
Level 1 - Water Acclimation (45 min)			1:15	11:00	4:45	10:00 11:30
Level 2 - Primary Skills (45 min)	4:45		12:30		4:00	12:00
Level 3 - Stroke Readiness (45 min)				5:00	4:00	12:45
Level 4 - Stroke Development (45 min)	4:00					1:30
Level 5/6 - Stroke Refinement (45 min)					5:30	
ADULT SWIM Lessons	5:30 Intermediate					
Open Gym & Swim			9:00-10:00 Pre-School Open Swim		6:30-8:00 Open Gym & Swim	
Family Swim Times	10am-8pm	8am-8pm	10am-8pm	8am-8pm	10am-5pm	2pm-5pm



## Birthday Pool Party Rates

Birthday Child and 14 Friends 2 hours of fun!!!!  
(Balloons & Tablecloth provided)



Birthday Parties can be scheduled for Saturdays or Sundays. The cost for a pool party at Evergreen is \$185 for up to 15 children and \$10 for each additional child. There is a \$50 non-refundable deposit due when the party is booked.

## 2011-2012 TUITION

Class Type	Tuition Per 6 Week Session
Members	\$60
Non-Members	\$78

## Swim Lesson Sessions

Swim Lessons run in 6 week sessions. If a class falls on a major holiday, the session will be extended to make-up for that missed class. There are no refunds for missed classes due to illness. Weather related cancellations will extend the session.

## Open Swim

Pre-School Open Swim  
Wednesdays 9-10am - \$5/child  
(Child MUST be accompanied by an adult in the pool)

Open Swim & Gym  
Fridays 6:30-8:00  
\$5 for members  
\$10 for non-members  
(small children must be accompanied by an adult.)

## Private Lessons

Evergreen offers private and semi-private lessons. Please contact us to find out more information.  
603-838-6511