



Swimming Lessons

2012 Winter Swim Program

Parent and Child: Designed for children ages 3 and 4. This program is designed to get children accustomed to entering and exiting the pool alone, kicking legs, floating with support, reaching with arms, and understanding pool safety. A variety of games are played to make learning fun! Students must be 3 years of age by January 1st to register.

Learn-to-Swim Levels 1-6: Students must be 5 years of age by January 1st to register.

- A parent/guardian/daycare provider must be present during lessons for Parent and Child, Learn-to-Swim Levels 1, 2, and 3, and Preschool Levels 1 and 2.
- Sign your child up for the level that best fits their ability. It is easier for us to move a child up a level than to move a child down a level. Note that it is not uncommon for a child to stay at the same level for multiple sessions.

Lesson Schedule: 30-minute sessions every Sunday for 6 weeks, February 19th to March 25th



• Parent and Child Level 1	12:30-1:00 p.m.
• Parent and Child Level 2	12:30-1:00 p.m.
• Preschool Aquatics Level 1	11:45-12:15 p.m.
• Preschool Aquatics Level 2	11:45-12:15 p.m.
• Preschool Aquatics Level 3	12:30-1:00 p.m.
• Learn-to-Swim Level 1	11:45-12:15 p.m.
• Learn-to-Swim Level 2	11:45-12:15 p.m.
• Learn-to-Swim Level 3	11:00-11:30 a.m.
• Learn-to-Swim Level 4	11:00-11:30 a.m.
• Learn-to-Swim Level 5	11:00-11:30 a.m.
• Learn-to-Swim Level 6	11:00-11:30 a.m.

Location: Southern NH University, Athletic Complex, 2500 North River Road, Manchester
For directions to the campus, see <http://www.snhu.edu/209.asp>.
For a campus map, see <http://www.snhu.edu/212.asp>.

Fees: One child \$50.00; second child in same family \$40.00. Fees are non-refundable.

Registration:

- Online at www.redcross.org. Under "Preparing and Getting Trained" select "Take a Class" then follow the instructions.
- By telephone at 1-800-REDCROSS (733-2767); select option #3.