



**Tadpoles - Parent & Baby**  
(9 months-18 months)

Tadpoles learn to acclimate to the pool in a social, fun environment. Tadpoles learn water entry/exit and develop elementary skills such as blowing bubbles, kicking, and floating. Parents learn basic water safety skills and proper holding techniques

SWIM DIAPERS ARE REQUIRED FOR ANY CHILD NOT YET POTTY TRAINED.



**Guppies - Parent Tot**  
(18 months - 3 years)

Guppies' skill set is similar to the Tadpoles class, but is customized for the increased coordination and dexterity of older toddlers. Guppies will also begin to work on submerging their heads. Parents learn water safety skills and proper holding techniques to facilitate skill development.

SWIM DIAPERS ARE REQUIRED FOR ANY CHILD NOT YET POTTY TRAINED.



**Starfish - PreSchool Level 1 & 2 Swimmers**  
(3 years - 5 years)

Starfish begin to submerge; they learn front and back floating, kicking, jumping and retrieving objects in shallow water. (Starfish are comfortable in the pool and are in the water without parents. They are able to follow directs and sit on their own. If your child does not fit this description, please join the Polliwog/Parents class.)



**Minnows - Pre-School Level 3 and Learn to Swim Level 1**  
(4 years & Up)

Minnows learn to comfortably submerge, float and move forward in the water; they are learning front and back glides and kicks, front to back rollovers, jumping and retrieving objects.



**Trout - Level 2**  
(Ages 5 & up)

Trout are introduced to freestyle arm and leg movements, rhythmic breathing, backstroke, elementary back stroke and treading. They will advance to swimming in deep water.



**Dolphins - Level 3**  
(5 years & Up)

Dolphins build upon skills from Trout level; rotary breathing, front crawl, back stroke, elementary backstroke, breaststroke, and treading. They also begin diving, scissor kick, and dolphin kick. Swimmers need to float



**Flying Fish - Levels 4 & 5**  
(5 years & Up)

Flying Fish already can dive, swim front crawl, back stroke, elementary backstroke, back float and tread water. Flying Fish learn full stroke butterfly stroke, side stroke, open turns on back, and flip turns

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

**\*Swimmers do not automatically advance to the next level after each session. They will only advance by instructor recommendation.**

Please contact our Aquatics Director,  
[evergreenswimmers@gmail.com](mailto:evergreenswimmers@gmail.com)



# Summer Swim Lessons 2017

Please Call to Register  
(603) 838-6511  
2572 Route 302  
Lisbon, NH 03585



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

## SWIM LESSON SCHEDULE

Session 1	<u>Thursdays</u>
Tadpoles + Little Guppies (30 min)	4:10-4:40
Guppies + Starfish (30 min)	3:00-3:30
Minnows (30 min)	3:35-4:05
Trout (30 min)	4:45-5:15

Session 2	<u>Tuesdays</u>
Tadpoles + Little Guppies (30 min)	4:10-4:40
Guppies + Starfish (30 min)	3:00-3:30
Minnows (30 min)	3:35-4:05
Trout (30 min)	4:45-5:15

### Swim Lesson Sessions

**Swim lessons this summer will run in a 6 week session followed by a 4 week session. There are no refunds for missed classes due to illness. Make-ups classes will be offered for cancellations.**

**Session 1 - June 1st - July 6th (Thursdays)**

**Session 2 - August 1st - August 22nd (Tuesdays)**

### 2017 Summer Prices

**6 Week Session - \$60**

**4 Week Session - \$40**

#### Private Lessons

Evergreen offers private and semi-private lessons for children and adults. Please contact us to find out more information. 603-838-6511 or email Lisa D. Jacobs - [evergreenswimmers@gmail.com](mailto:evergreenswimmers@gmail.com)

**We must be notified 2 hours prior to private lesson of cancellation or you will be charged for the lesson.**

#### Summer Open Swim Times June 14 - August 30

\*Drop-in Swims Welcome Anytime

Pre-School Open Swim  
Wednesdays 10:30-11:30am

\$5/child

(children under 14 must be accompanied by an adult in pool room)

#### Family Swim

\$5 per person  
Fridays 5-6:30pm  
Sundays 8:30-10am

Adult **MUST** accompany children in the pool.

No Lifeguard on Duty