



**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.
STANDS IN 2 FEET OF POOL



**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 + Learn to Swim Level 1
(5 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 6 & 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.

SWIMS IN THERAPY & LAP POOL



**Dolphins - Level 3
(6 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 independently to enter class.

SWIMS INDEPENDENTLY IN LAP POOL



**Flying Fish - Levels 4 & 5
(7years & 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.

SWIMS INDEPENDENTLY IN LAP POOL

**Swim Team
(Ages 5 & Up)**

Evergreen Swim Team offers training and practice for all ability levels. Swimmers must be able to comfortably swim one length of the freestyle, breaststroke, and backstroke. We concentrate on the fundamentals of competitive swim skills and stroke development.

Aquatics Director/Head Coach: Lisa D. Jacobs

SWIM TEAM INFORMATION CAN BE FOUND ON THE SWIM TEAM BROCHURE.

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

***Ages just listed as a guideline & swimmers do not automatically advance to the next level after each session. They will only advance upon instructor recommendation.**

Please contact Lisa, our Aquatics Director
evergreenswimmers@gmail.com



**Swim Lessons
2017-2018**

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



www.evergreensportscenter.com

SWIM LESSON SCHEDULE

* Select one day per week

	<u>Monday</u>	<u>Wednesday</u>	<u>Saturday</u>
Tadpoles Parent & Child 9-18 months (30 min)		3:45 pm	9:00 am
Guppies Parent & Child 18 months -3 years (30 min)		5:20 pm	10:05 am
Starfish 3-5 years (30 min)		4:50 pm	9:30 am
Minnows (30 min)		4:20 pm	10:35 am
Trout (30 min)		3:15 pm	11:10 am
Dolphins (45 min)		3:45 pm	9:45 am
Flying Fish (45 min)	4:30 pm		9:00 am
Mini Fin's Team (45 min) Ask for Pricing	3:45 pm		
White Swim Team (45 min) Ask for Pricing	4:30 pm	4:30 pm	9:00 am
Blue Swim Team (45 min) Ask for Pricing	5:15 pm	5:15 pm	9:00 am
Silver Swim Team (15 min land & 90 min water) Ask for Pricing	6:00 pm	6:00 pm	8:00 am

Swim Lesson Sessions

Swim Lessons run in 7 week sessions (unless otherwise noted).
There are no refunds for missed classes due to illness.
Make-up classes will be offered for instructor cancellations.

- Session 1 - September 9 – October 30
- Session 2 - November 1 – December 20
- Session 3 - January 3 – February 19
- Session 4 - March 5 – April 21
- Session 5 - April 30 - June 11 (6 week session - \$73)

Please note we will not be holding swim lessons during these vacation weeks

Thanksgiving - Nov 22 – Nov 25
Winter Break - Dec 23 - Jan 1
February Vacation- Feb 21 –Mar 3
April Vacation - Apr 23-28

In addition, lessons will not be held on Columbus Day, MLK Day, and Memorial Day

2017-18 TUITION

7 Week Session

\$85

\$20 non-refundable deposit due at signup. \$65 remaining due at 1st class.

\$10 Discount for Members & Enrolled Gymnastic Students

Private Lessons

Evergreen offers private lessons for children and adults. Please contact Lisa for more information.

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

Open Swim

*Drop-in Swims welcome outside of class time.

Pre-School Open Swim
Mondays & Fridays 10:30-11:30am - \$5/child
(children under 14 must be accompanied by an adult in pool area)

In Addition to class time, small pool is also not open to the public Tuesdays and Thursdays 1:00-4:00

Family Swim

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

Adult **MUST** accompany children **in the pool & locker rooms**