



**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.

**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](mailto:evergreenswimmers@gmail.com)



# Summer Swim Lessons

## 2018

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



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

## Session 1

June 5th - June 26th

	<u>Tuesday</u>
Tadpoles Parent & Child 9-18 months (30 min)	Offered in Fall
Guppies Parent & Child 18 months -3 years (30 min)	4:30
Starfish 3-5 years (30 min)	5:00
Minnows (30 min)	4:00
Trout (30 min)	4:00
Dolphins (30 min)	4:30
Flying Fish (30 min)	4:30
Mini Fin's Team (45 min) Ask for Pricing	Offered in Fall
White Swim Team (45 min) Ask for Pricing	Offered in Fall
Blue Swim Team (45 min) Ask for Pricing	Offered in Fall
Silver Swim Team (15 min land & 90 min water) Ask for Pricing	Offered in Fall

## Session 2

July 31st - August 21st

	<u>Tuesday</u>
Tadpoles Parent & Child 9-18 months (30 min)	Offered in Fall
Guppies Parent & Child 18 months -3 years (30 min)	5:00
Starfish 3-5 years (30 min)	5:00
Minnows (30 min)	4:30
Trout (30 min)	3:45
Dolphins (45 min)	3:45
Flying Fish (45 min)	5:00
Mini Fin's Team (45 min) Ask for Pricing	Offered in Fall
White Swim Team (45 min) Ask for Pricing	Offered in Fall
Blue Swim Team (45 min) Ask for Pricing	Offered in Fall
Silver Swim Team (15 min land & 90 min water) Ask for Pricing	Offered in Fall

There are no refunds for missed classes due to illness.  
Make-up classes will be offered for instructor cancellations.

## 2018 SUMMER TUITION

### 4 Week Session

**\$50**

\$20 non-refundable deposit due at signup. \$30 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

Pre-School Open Swim  
Wednesday 10:30-11:30am - \$5/child

**\*Please view monthly pool calendar for additional lap lane and small pool availability**

### Family Swim

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

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