



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

Child must be able to sit up independently

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)

Must be able to walk in 2 feet with chin above water

Guppies' skill set is similar to Tadpoles class, but customized for 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)

For independent preschoolers, no parent in the water

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 learn front/back glides and kicks, front to back rollovers, jumping & retrieving objects.



Trout - Level 2
(Ages 6 & up)

Must be comfortable going under water

Trout are introduced to freestyle arm & 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)

Must be able to float independently

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.

SWIMS INDEPENDENTLY IN LAP POOL



Flying Fish - Levels 4 & 5
(7years & Up)

Must be able to swim with face in water

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 are 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

2018-2019

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



www.evergreensportscenter.com

SWIM LESSON SCHEDULE

	<u>Wednesday</u>	<u>Saturday</u>
Tadpoles Parent & Child 9-18 months (30 min)		9:00 am
Guppies Parent & Child 18 months -3 years (30 min)		9:30 am
Starfish 3-5 years (30 min)		10:15 am
Minnows (30 min)		10:45 am
Trout (30 min)		12:00 pm
Dolphins (45 min)	3:45 pm	10:15 am
Flying Fish (45 min)	4:30 pm	11:00 am
Mini Fin's Team (45 min) Ask for Pricing	3:45 pm	10:15 am
White Swim Team (60 min) Ask for Pricing	4:15 pm	11:00 am
Blue Swim Team (60 min) Ask for Pricing	5:15 pm	9:15 am
Silver Swim Team (15 min land & 90 min water) Ask for Pricing	5:15 pm	8:00 am

* Select one day per week

Swim Lesson Sessions

Swim Lessons run in 6 week sessions.
There are no refunds for missed classes due to illness.
Make-up classes will be offered for instructor cancellations.

- Session 1 - September 12 – October 27
- Session 2 - October 24 – December 15
- Session 3 - January 9 – February 16
- Session 4 - March 6 – April 13
- Session 5 - May 1 - June 15

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

Thanksgiving - Nov 21 – Nov 25
Winter Break - Dec 22 - Jan 2
February Vacation- Feb 17 –Mar 3
April Vacation - Apr 19-30

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

2018-19 TUITION

6 Week Session

\$85

\$45 non-refundable deposit due at signup. Remaining balance due prior to first class.

Multiple Session Commitment

All 5 Sessions	\$70 per session
4 Sessions	\$75 per session
3 Sessions	\$80 per session

Private Lessons

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

evergreenswimmers@gmail.com

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.
Please see monthly calendar for times.

Pre-School Open Swim
Mondays & Fridays 10:30-11:30 am (**\$5/child**)

Children under 14 must be accompanied by an adult in pool area

In addition to class time, small pool is not open to public Tuesdays and Thursdays 8:00-12:00

Family Swim

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

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