



YMCA OF CONCORD

Swim lessons at LAKE KEZAR, WADLEIGH STATE PARK.

JULY 25 - AUGUST 5
2 weeks, Monday - Friday
Lightning/driving rain make ups:
August 8 - 10 (if needed)

PRESCHOOL & YOUTH (3 - 14 YEARS) Capacity: 6-10 swimmers per class time
*30-Minute Class | Monday - Friday for 2 weeks
First Child: \$80 & Additional Child: \$70 each

SAFETY AROUND WATER (SAW)

This FREE YMCA program can help you make sure children learn essential water safety skills, which can open up a world of possibilities for them to satisfy their curiosity safely. Geared for unintended entries into the water and safety.

SWIM BASICS: STAGE 1-2, PRESCHOOL (PARENT NEEDED)

For children aged 3-6 with little to some experience in the water but not yet able to swim or float without assistance. Instructors assist children in the pool while they develop comfort with underwater exploration and basic safety skills as well as basic swimming skills like body positions, breath control, and basic movement through the water using the swim-float-swim skill-set when they are ready.

SWIM BASICS: STAGE 3, SCHOOL AGE

For children aged 6+ with some experience in the water but not yet able to swim the full length of the pool on their own without flotation. Instructors assist children in the pool while they develop comfort with underwater exploration and basic safety skills as well as basic swimming skills like body positions, breath control, and basic movement through the water using the swim-float-swim skill-set when they are ready.

SWIM STROKES: STAGE 4, SCHOOL AGE

For children aged 5+ able to swim 25 yards independently using the swim-float-swim skill-set demonstrating rhythmic breathing and tread water for one minute. Children will be introduced to technique in basic competitive strokes. Water safety will be reinforced through treading water, elementary and backstroke.

SWIM STROKES: STAGE 5-6, SCHOOL AGE

For Students continue to develop stroke technique and endurance in front crawl, back crawl, and learn the breaststroke and butterfly strokes. Water safety is reinforced through treading water and building endurance.

HOW TO REGISTER
Online at
www.graniteymca.org
Or call
603.228.9622

MONDAY - FRIDAY

STAGE 5 & 6	
9:30 - 10:00 AM	
STAGE 1 & 2 PRESCHOOL	
10:05 - 10:35 AM	
STAGE 4	
10:40 - 11:10 AM	
STAGE 3	
11:15 - 11:45 AM	
STAGE 1 & 2 PRESCHOOL	
11:50 - 12:20 PM	
SAW	
12:30 - 1:00 PM	

Times subject to change based on registrations

FREQUENTLY ASKED QUESTIONS

- Q:** How do I know what level to place my child?
A: Each child is grouped by skill. If you are not sure, call the YMCA and ask for Alec Decato. If they need to switch levels we can make adjustments as we go.
- Q:** How do I make sure my expectations are being met during the lesson program?
A: Talk to the swim instructor, if you have a concern. We appreciate and welcome your feedback.

- Q:** What is the weather policy?
A: We cancel lessons if there is lightning or driving rain.
- Q:** Does the YMCA offer make up lessons?
A: We offer makeup classes in the event of lightning or driving rain. Dates for make ups are posted above.
- Q:** What is the instructor to child ratio?
A: Our average ratio is 1:6