



Financial Assistance provided by the
 Kezar Lake Protective Association
 Inquire and apply to
 Karen Wimpey
kwimpey@granitemca.org



SCAN TO LEARN
 MORE & REGISTER!

STRONG SWIMMERS, CONFIDENT KIDS

OUTDOOR SWIM LESSONS | 3 - 18+ YEARS

LAKEMASSASECUM
 in Bradford,
 French's Park
JULY 8 - 19

NEWFOUND LAKE
 in Bristol,
 Cummings Town Beach
JULY 8 - 19

KEZAR LAKE
 in Sutton,
 Wadleigh State Park
JULY 22 - AUGUST 2

**BEAR BROOKE
 PARK POND**
 in Allenstown,
 Bear Brook State Park
AUGUST 5 - 16

HOW TO REGISTER
 Scan the QR code above,
 visit our website at
www.granitemca.org,
 or call 603.228.9622

SWIM BASICS: PRESCHOOL (PARENT/GUARDIAN 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 1 & 2, SCHOOL AGE

For children aged 5-12 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 children to 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.

MONDAY - FRIDAY

STAGE 4, 5 & 6
 8:30 - 9:15 am
 First child: \$130 | Additional family member \$120

STAGE 3
 9:20-9:50 am & 10:30-11:00 am
 First child: \$105 | Additional family member \$95

STAGE 1 & 2
 9:20-9:50 am & 9:55-10:25 am
 First child: \$105 | Additional family member \$95

PRESCHOOL
 9:55 - 10:25 am
 First child: \$105 | Additional family member \$95

ADULT
 10:30 am - 11:00 am
 First adult: \$105 | Additional family member \$95

FREE SWIM
 11:05 - 11:55 am

For questions or more information please contact Erin O'Brien:
eobrien@granitemca.org | 603.228.9622

Times subject to change
 based on registrations.