



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CONCORD FAMILY YMCA

Swim lessons at LAKE KEZAR, WADLEIGH STATE PARK.

July 22–Aug 2, 2 weeks Monday—Friday

- Lightning / driving rain make ups Aug 5&6 (if needed)

PRESCHOOL & YOUTH

3 YEARS–14 YEARS* 30 MIN CLASS*M-F FOR 2 WEEKS

COST FIRST CHILD\$65 / \$55 FOR EACH ADDITIONAL CHILD

PLEASE NO CASH PAYMENTS.

1. Water Acclimation: Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

2. Water Movement: Encourages forward movement in water and basic self-rescue skills performed independently.

3. Water Stamina: Develops intermediate self-rescue skills performed at longer distances than previous stages.

4. Stroke Introduction: Introduces stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

5. Stroke Development: Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

6. Stroke Mechanics: Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.



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 Jen Bonnett. If they need to switch levels we can make adjustments as we go.

Q: Where do I find session dates, registration dates, class times and prices?

A: In this brochure or on the concord YMCA web site.

Q: Does every child advance to the next level after completion of their session?

A: No, we expect each child to learn and progress at his or her own rate. At the final class, the child will receive a progress report from the instructor that explains his or her current skill level.

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 instructor to child ratio?

A: Our average ratio is 1:5

Q: What is the weather Policy?

A: We will cancel lessons if there is lightning, driving rain. Or an outside temp of under 60 degrees.

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 if I can not make the make up dates can I get a refund?

A: No, we can not do refunds if a make up class is scheduled.

Q: Where can I register for swimming lessons?

A: Registration documents accepted at following locations:

Concord Family YMCA 15 N. State street
Concord NH 03301 228-9622

Vernondale Store N. Sutton. (Bob DeFelice)
Call for store hours before dropping off registration **603-927-4256**

**Parent contact: Allie Tibbetts
603-748-0782**

Updated 4.10.19 JB

Registration documents accepted at following locations:

Please do not mail registrations

Concord Family YMCA

15 N. State street

Concord NH 03301

228-9622

Vernondale Store

Care of Bob DeFelice

1526 Rt. 114

N. Sutton

603-927-4256

Call for store hours before dropping off registration

Mon-Fri
Stage 6 9-9:30am
Stage 5 9:35-10:05am
Stage 4 10:10-10:40am
Stage 3 10:45-11:15am
Stage 2 11:20-11:50am
Stage 1 11:55-12:25pm

