

Swim Lesson

Prerequisites-

Parent/Child-Ages 6 months to 3 years. This class is designed to help children to adjust the pool environment. water adjustment and prepares them to learn to swim in the American Red Cross learn to swim pre-school classes.

Level I-These children are ready to be in class environment without their parents support. These classes are in the family pool

Level II-These children are ready to learn how to swim with their face in the water with alternating arms 5-10 feet without stopping. These are also conducted in the family pool.

Level III-These children are ready to learn breathing to the side coordinated with arms and can swim the length of the pool. These classes are held in the family pool for children who are smaller and can hold their body heat. The older children will be in the lap pool.

Level IV-These children are ready for stroke correction and swim the length of the pool to build on strength and endurance along with learning the breaststroke and butterfly. All these classes are in the lap pool

Level V. VI & Pre-Team-These students are getting ready for a competitive environment. This class is designed to be a preparation for swim team. Endurance, stroke technique, along with learning starts and turns. Lap pool is where these will take place.

These Classes meet 4 times a week

June 27-July 14 July 18-28
Aug 1-11 Aug 15-25

9:00-9:30 Level I
9:35-10:05 Level II

These classes meet twice a week

Monday & Thursday

June 27-July 28 Aug 1-25

9:00-9:30 Level II PS 4:00-4:30 Level I
9:35-10:05 Level II PS 4:35-5:05 Level II
5:10-5:40 Level III

These classes meet once a week Tuesday, Wednesday, Friday & Saturday June 28-Aug 27

Tuesdays

9:00-9:30 Level II PS 9:00-9:30 Level II PS
9:35-10:05 Level I PS 9:35-10:05 Level I PS

Wednesday

4:00-4:30 Level I & IIPS 4:00-4:30 Level II PS
4:35-5:05 Level II & III Level III PS
5:10-5:40 Level III PS & III 4:35-5:05 Level I & III
5:10-5:40 Level II
5:10-5:55 Pre-Team

Friday

9:00-9:30 Level I & II PS
9:35-10:05 Level II PS & III PS

4:00-4:30 Level I PS, II PS & II
4:35-5:05 Level II & III
5:10-5:40 Level I & II
5:10-5:55 Level Pre-Team

Saturday

7:45-8:30 Pre-Team
8:35-9:05 Level I PS, II PS & Parent/Child
9:10-9:40 Level I PS, I & III
9:45-10:15 Level I PS, II PS, & Parent/Child
10:20-10:50 Level I PS, II, & III PS
10:55-11:25 Level II PS & III PS
10:55-10:40 Level IV
11:30-12:00 Level I PS & II

PS = Pre-School Classes

Prices

Level I & II \$99 member
4 to 1 ratio \$125 non-member
8/30 minute lessons

Parent/Child & \$90 member
Level III \$115 non-member
5+ to 1 ratio

Level IV, V, VI & \$105 member
Pre-Team \$140 non-member
5+ to 1 ratio
8/45 minute lessons

Adult Lessons \$105 member
8/45 minute lessons \$140 non-member



R.A.Y.S. Learn fundamentals of swim racing to swim competitively!
(Rockingham Area Youth Swim)

- Refer to www.rays-nh.org
- Paul Bennett, Head Coach
- For ages 5-19
- Basic and Strong Swim Skills required
- Registered with U.S.A. Swimming
- Competes regularly throughout the year
- Seasons run September-March and May-August

For more info contact Paul Bennett at Rays-nh.org