



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CONCORD FAMILY YMCA Town of Bradford Parks & Rec. Swim lessons at FRENCH'S PARK

Summer lessons:

July 8-July 19, 2 weeks Monday—Friday

* 30 minutes per lesson. * Certified Lifeguard watching over your child's lessons.

Evaluation day/early bird for sign ups Fri. June 28th 9-10am

Early bird price \$60 for the first child, \$50 for the second child

Sign ups on first day of lessons July 8 \$70 for the first child, \$60 for the second child

Questions Contact:

Margaret L. Raymond

603-938-5392

Or Karen Hambleton

administrator@bradfordnh.org

603-938-5900

Mail Registration Form To:

Bradford Parks & Rec

PO Box 436

Bradford NH 03221

* Info. on financial aid is available upon request when registering.

PRESCHOOL & YOUTH

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.

Mon-Fri
6. Stroke Mechanics 9:00-9:30am
5. Stroke Development 9:35-10:05am
4. Stroke Introduction 10:10-10:40am
3. Water Stamina 10:45-11:15am
2. Water Movement 11:20-11:50am
1. Water Acclimation 11:55-12:25pm



Q: How do I know what level to place my child?

A: Each child is grouped by skill. For an assessment call us we can determine skill levels on the evaluation day June 28th.

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

A: In this brochure or you can call Bradford Rec Dept. Margaret at 938-5392 or call Karen Hambleton at 938-5900

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 1:6

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 extended times added onto existing classes to makeup the time in the event of lightning or driving rain.

Q: Where can I register for swimming lessons?

A: With the Bradford Parks & Rec.

Updated 6.10.19 KLH



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

CONCORD FAMILY YMCA Town of Bradford Parks & Rec.

Swim lessons at FRENCH'S PARK Release and Waiver of Liability and Indemnity Agreement

Questions Contact:
Margaret L. Raymond
603-938-5392

Or Karen Hambleton
administrator@bradfordnh.org
603-938-5900

**Mail Registration Form To:
Bradford Parks & Rec
PO Box 436
Bradford NH 03221**

*** Info. on financial aid is available
upon request when registering.**

I accept any and all responsibility for and assume the risk of any and all injury or damage to my person or belongings which might arise directly as a result of participation in or observation of any programs or activities. I understand that even when every reasonable precaution is taken accidents can still sometimes occur. I understand and expressly acknowledge that I indemnify and hold harmless the CONCORD FAMILY YMCA, the TOWN OF BRADFORD, PARKS & REC its directors, officers, staff, volunteers, and agents from all liability for any injury, loss or damage connected in any way due to participation in the Concord Family YMCA activities, for any purpose and regardless of location.

I agree to abide by the rules and regulations set forth by the CONCORD FAMILY YMCA, the TOWN OF BRADFORD, PARKS & REC at FRENCH'S PARK.

I understand this agreement is intended to be as broad and as inclusive as is permitted by the laws of the State of New Hampshire. I certify that I am familiar with and understand the contents of this agreement and that it is my intentions by signing this agreement that the same be binding not only for my, but my heirs, administrator, executors, successors, and assigns.

Name of Child: _____

Name Parent/Guardian: _____

Signature: _____ Date: _____

PHOTO RELEASE:

I give permission for my child/children to be photographed and for the photos to be used for CONCORD FAMILY YMCA, the TOWN OF BRADFORD, PARKS & REC publicity purposes.

_____ YES _____ NO Parent/Guardian Signature: _____

Please circle which class you would like to sign up for:

Name of child:

Name of parent:

Phone number:

Email Address:

Total due for lessons:

6. Stroke Mechanics

9:00-9:30am

5. Stroke Development

9:35-10:05am

4. Stroke Introduction

10:10-10:40am

3. Water Stamina

10:45-11:15am

2. Water Movement

11:20-11:50am

1. Water Acclimation

11:55-12:25pm