



Sunset Lake Beach Swimming Lessons

Sunset Lake Beach will reopen for supervised swim on June 29th 2009

Hours of operation: 11:00 a.m.– 6:00 p.m.

2009 "LEARN-TO-SWIM" American Red Cross Youth Swim Lessons

WHO: Youth, ages 4 and up
WHERE: Sunset Lake Beach, Greenfield NH
COST: Greenfield residents **FREE**, per session, and Non-Residents are \$30 per child, per session.

NO REFUNDS WILL BE GIVEN

WHEN: Three Sessions are offered throughout the summer.

TIMES: Every half hour, **2:00 p.m.– 3:30 p.m. (adjustments will be made in times for additional classes if needed)**

Session (1) July 6th – July 17th

Session (2) July 20th – July 31st

American Red Cross (ARC) Swimming Lessons are offered by age and ability level. American Red Cross certified Water Safety Instructors teaches lessons. Each Swimming Lesson session consists of 7 classes, including safety program, rules, and ability assessment day. The WSI reserves the right to transfer students to the proper class level, which will be determined once your child is seen in the water. WEATHER always plays a factor in outdoor lessons! Our goal is to make every effort to conduct lessons at the lake. Lessons will be cancelled if it is raining to excess or any thunder and/or lightening present. This is at the discretion of the guarding staff. **An adult must accompany children during lessons for safety reasons.** Please have your child(ren) on time so lessons can run smoothly. Children will need a towel and sunscreen for lessons.

REGISTRATION:

You may register by stopping by Sunset Lake Beach the week of June 29th and speak to the lifeguards. You may also contact Deb Davidson, Administrative Assistant at 547-3442.

Swimming Lessons are structured as follows:

LEVEL	PURPOSE	COURSE CONTENT INCLUDES
Aquaduck Water Familiarization	<ul style="list-style-type: none"> * Develops swimming readiness by teaching children how to have fun in the water * Follows Red Cross Infant & Preschool Aquatic Program 	<ul style="list-style-type: none"> * Floating and gliding * Basic movements and kicks * Safety * Floating on back and underwater exploration
Level 1 Water Exploration	<ul style="list-style-type: none"> * Orientation to aquatic environment * Create a sound foundation for aquatic and safety skills 	<ul style="list-style-type: none"> * Supported floating and kicking on front and back * Alternating arm action * Water safety rules * How to get help in an emergency * Reaching assists without equipment * Fundamentals of using a life jacket
Level 2 Primary Skills	<ul style="list-style-type: none"> * Expand on fundamental aquatic locomotion and safety skills 	<ul style="list-style-type: none"> * Floating and kicking on front and back * Rhythmic breathing * Combined stroke on front and back * Turning over front to back, back to front * Reaching and extension assists.
Level 3 Stroke Introduction	<ul style="list-style-type: none"> * Increase swimming skill competency * Practice safety and rescue skills 	<ul style="list-style-type: none"> * Fundamentals of elementary backstroke * Jumping into deep water with life jacket * Diving from floating raft * Treading water * Self-rescue skills * Rescue breathing
Level 4 Stroke Development	<ul style="list-style-type: none"> * Develop confidence and competency in strokes and safety skills beyond preceding levels * Introduction of breast stroke and side stroke 	<ul style="list-style-type: none"> * Deep-water bobbing * Dive from side of floating raft from stride and standing position * Breast stroke and side stroke
Level 5 Stroke Refinement	<ul style="list-style-type: none"> * Continue refinement of front crawl, back crawl, crawl, elementary back stroke, breast stroke, and side stroke * Introduce butterfly, surface dives 	<ul style="list-style-type: none"> * Alternate breathing * Swimming underwater * Butterfly * Open turns of front and back * Diving safety
Level 6 Skill Proficiency	<ul style="list-style-type: none"> * Develop maximum efficiency and endurance for strokes * Introduce surface dives 	<ul style="list-style-type: none"> * Alternative kicks for treading water * Throwing rescues * Turning spinal injury victim face up * Approach stroke

This is not a Conval Sponsored Event. The Town of Greenfield is a non-profit organization.

Sunset Lake Beach Rules

1. Beach for Greenfield Residents Only. Non-residents only if taking lessons.
2. Greenfield facilities permit sticker required on your vehicle. Non-residents registered for swimming may obtain temporary permit.
3. The beach is under the supervision of the certified lifeguard from 11:30 – 6:00 p.m. Monday thru Friday, June 29th thru August 30th. The beach is open to the residents between the hours of 7:00 a.m. and 9:00 p.m. Other times is considered trespassing.
4. The lifeguard will NOT assume responsibility for unattended or unsupervised children at anytime.
5. Supervised swimming permitted in designated area inside the buoyed roped area.
6. Alcoholic beverages prohibited.
7. Listen to the lifeguards at all times.
8. Floatation Devices are NOT allowed.
9. Pick up your trash and take it home with you. This is a carry in/carry out facility.
10. NO DOGS, HORSES, OR OTHER ANIMALS ALLOWED ON THE BEACH!
11. Fishing allowed on the outside of roped beach area ONLY!
12. No lifeguard on duty sign will be posted when no lifeguard present. Swim at your own risk.
13. Beach closes at 9 p.m.
14. Do not feed the ducks or other wildlife present near beach area.
15. Parents must watch children near parking lot area. It's the lifeguard's job to watch the water.
16. No Horseplay
17. Lifeguards have the discretion to ask parties to leave the beach premises.
18. NO DOGS ALLOWED AT THE BEACH!!!!

FLOATING RAFT RULES

1. No rough play.
2. No tipping of the floating rafts.
3. No other floatation devices other than noodles to the floating raft.
4. Lifeguards have discretion of deciding if person swims well enough to go in deep water out to the rafts.
5. No swimming under rafts.
6. No tipping of rafts.
7. NO DOGS!

COMPLAINTS AND COMMENTS SHOULD BE DIRECTED TO EITHER THE HEAD LIFEGUARD OR THE SELECTMEN'S OFFICE @ 547-3442

EMERGENCIES AND VANDALISM IN PROGRESS SHOULD BE REPORTED TO THE GREENFIELD POLICE DEPT. BY DIALING 911.