

Town of Greenfield, NH

Sunset Lake Beach Swimming Lessons



Sunset Lake Beach will host swim lessons starting on July 27th 2015

Hours of operation: 10:00 AM – 2:00 PM.

2015 "LEARN-TO-SWIM" American Red Cross Youth Swim Lessons

WHO: Youth, ages 4 and up
WHERE: Sunset Lake Beach, Greenfield NH
COST: Free for Residents / Taxpayers. Non-Resident fee is \$30 per child, per session, Non-refundable.

WHEN: Sessions are ongoing throughout the summer.

TIMES: 10:00 a.m. – 2:00 p.m. (adjustments may be made at the discretion of the lifeguard)

- **Swim Lessons are ongoing until Beach closes**
- **Saturdays and Sundays included**

American Red Cross (ARC) Swimming Lessons are offered by age and ability level. American Red Cross certified Water Safety Instructors (WSI) teach lessons. Each swimming lesson session consists of 10 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. 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.

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

REGISTRATION:

Please see the Sunset Lake Swim Instructor Anna Topping at the beach during the hours posted above.

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