



Tadpoles - Parent & Baby
(9 months-18 months)

Child must be able to sit up independently

Tadpoles learn to acclimate to the pool in a social, fun environment. Tadpoles learn water entry/exit and develop elementary skills such as blowing bubbles, kicking, and floating. Parents learn basic water safety skills and proper holding techniques

SWIM DIAPERS ARE REQUIRED FOR ANY CHILD



Guppies - Parent Tot
(18 months - 3 years)

Must be able to walk in 2 feet with chin above water

Guppies' skill set is similar to Tadpoles class, but customized for increased coordination and dexterity of older toddlers. Guppies will also begin to work on submerging their heads. Parents learn water safety skills and proper holding techniques to facilitate skill development.

SWIM DIAPERS ARE REQUIRED FOR ANY CHILD



Starfish - PreSchool Level 1 & 2 Swimmers
(3 years - 5 years)

For independent preschoolers, no parent in the water

Starfish begin to submerge; they learn front and back floating, kicking, jumping and retrieving objects in shallow water.

(Starfish are comfortable in the pool and are in the water without parents. They are able to follow directions and sit on their own. If your child does not fit this description, please join the Guppies class.)



Minnows - Pre-School Level 3 + Learn to Swim Level 1
(5 years & Up)

Minnows learn to comfortably submerge, float and move forward in the water; they learn front/back glides and kicks, front to back rollovers, jumping & retrieving objects.



Trout - Level 2
(Ages 6 & up)

Must be comfortable going under water

Trout are introduced to freestyle arm & leg movements, rhythmic breathing, backstroke, elementary back stroke and treading. They will advance to swimming in deep water.

SWIMS IN THERAPY & LAP POOL



Dolphins - Level 3
(6 years & Up)

Must be able to float independently

Dolphins build upon skills from Trout level; rotary breathing, front crawl, back stroke, elementary backstroke, breaststroke, and treading. They also begin diving, scissor kick, and dolphin kick.

SWIMS INDEPENDENTLY IN LAP POOL



Flying Fish - Levels 4 & 5
(7 years & Up)

Must be able to swim with face in water

Flying Fish already can dive, swim front crawl, back stroke, elementary backstroke, back float and tread water. Flying Fish learn full stroke butterfly stroke, side stroke, open turns on back, and flip turns.

Swim Team
(5 years & Up)

Evergreen Swim Team offers training and practice for all ability levels. Swimmers must be able to comfortably swim one length of the freestyle, breaststroke, and backstroke. We concentrate on the fundamentals of competitive swim skills and stroke development.

Aquatics Director/Head Coach: Lisa D. Jacobs

SWIM TEAM INFORMATION CAN BE FOUND ON THE SWIM TEAM BROCHURE.

Reminder: All participants are required to shower before entering the pool.

***Ages are listed as a guideline, swimmers do not automatically advance to the next level after each session. They will only advance upon instructor recommendation.**

Please contact Lisa, our
Aquatics Director with questions
evergreenswimmers@gmail.com



Swim Lessons

August 2023 - April 2024

Please Call to Register
(603) 838-6511
2572 Route 302
Lisbon, NH 03585



www.evergreensportscenter.com

Swim Lesson Schedule

	<u>Tuesday</u>	<u>Saturday</u>
Tadpoles Parent & Child 9-18 months (30 min)	4:45	9:45
Guppies Parent & Child 18 months -3 years (30 min)	5:15	9:15
Starfish 3-5 years (30 min)	3:00 & 4:15	10:15
Minnows (30 min)	3:30	11:00
Trout (45 min)	3:30	11:15
Dolphins (45 min)	4:15	10:15
Flying Fish (60 min)	5:00	9:15
Mini Fin's Team (45 min) See Swim Team Brochure		
White Swim Team (45 min) See Swim Team Brochure		
Blue Swim Team (60 min) See Swim Team Brochure		
Silver Swim Team (105 min) See Swim Team Brochure		

* Select one day per week

Swim Lesson Sessions

Swim lessons typically run in 8 week sessions

Tuesday Sessions

- S1: 8/29 - 10/17
- S2: 10/24 - 12/12 (7 weeks)
- S3: 1/2 - 2/20
- S4: 3/5 - 4/23

Saturday Sessions

- S1: 9/2 - 10/21
- S2: 10/28 - 12/16 (7 week)
- S3: 1/6 - 2/24
- S4: 3/9 - 4/27

Please note there are **no classes** the following vacation weeks:

- Thanksgiving 11/19 - 11/25
- Winter 12/17 - 1/1
- February 2/25 - 3/2

Pricing

Session	30min	45min	60min
8 Week	\$160	\$180	\$200
7 Week	\$140	\$160	\$180
50% non-refundable deposit due at signup. Remaining due by first class.			
\$40 Annual Registration Fee (not applicable if already paid through gymnastics program)			

Private Lessons

Evergreen offers private lessons for children and adults. Please contact Lisa for more information.

evergreenswimmers@gmail.com

We must be notified 6 hours prior to private lesson of cancellation or you will be charged for the lesson.

Open Swim (Sept-May)

Drop-in Swims welcome outside of class times. Small pool schedule is available online. Contact us to reserve a lane in the lap pool.

Pre-School Open Swim

Fridays 10:30-11:30 am (**\$10/child**) or **\$5/child** if doing preschool open gym before
Children under 14 must be accompanied by an adult in pool area

Day Passes

Adult (12 & Older)
\$15

Child (Under 12)
\$10

Adult **MUST** accompany children **in the pool & locker rooms**