

This form must be turned in two weeks prior to desired session. S1-Jun25. S2-JULY16. S3-JULY30

# Veasey Swim Lessons 2015

## Return Form to Deerfield Parks & Rec (George B. White)

Swim lessons are free and for **Deerfield Residents only**. This year we will have 3 sessions of 6 swim lessons. Swim lessons will be 45 minutes long and sorted out by skill level. There will be a **MAX** of 6 children/class so that each child gets the attention they need.

**PLEASE** read descriptions some have changed from last year (the ages are there to help parents who are unsure of their child's level).

Session 1: July 9-10-11 (Thu-Fri-Sa) July 16-17-18 (Thu-Fri-Sa)	Session 2: July 30-31-1 (Thu-Fri-Sa) Aug 6-7-8 (Thu-Fri-Sa)	Session 3: Aug 13-14-15 (Thu-Fri-Sa) Aug 20-21-22 (Thu-Fri-Sa)
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<u>Level 1:</u> This child has never had swim lessons before (informal or formal), instructor assistance is heavily needed. This child will learn swimming basics and become comfortable in the water. <i>Class time: 11:00-11:45am (A 3-6)</i>	<u>Level 4:</u> This child generally knows how to swim, can swim at least halfway to the dock without assistance. Knows at least one stroke and will need to work on endurance and breathe control. <i>Class time: 2:40-3:25pm(A 10-12)</i>
<u>Level 2:</u> This child has had some lessons before (in/formal) understands they need to kick and reach forward in in order to swim. Some assistance is needed but can do a moment or two by themselves. Will work on swimming independently. <i>Class time: 11:55-12:40pm (A 6-8)</i>	<u>Level 5:</u> This child knows at least two strokes and is able to swim all the way out to the dock by him/herself. The child will work on improving technique, learning new strokes, dives, and swimming longer distances. <i>Class time: 3:35-4:20pm (A 12-14)</i>
<u>Level 3:</u> This child can do spurts of swimming on their own is able to kick and do some sort of arm movement to propel their self forward. Will work on swimming endurance and breathe control. <i>Class time: 1:45-2:30pm (A 8-10)</i>	<u>Level 6:</u> This child knows three of more strokes, is able to swim for a decent amount of time, knows how to dive and wants to learn work on <i>specific</i> technique improvement and water safety. <i>Class time: 4:30-5:15(A15+)</i>

Child's Name(S): \_\_\_\_\_

Age: \_\_\_\_\_

Parent(s) Name(s): \_\_\_\_\_

Session: \_\_\_\_\_

Address: \_\_\_\_\_

Level: \_\_\_\_\_

Deerfield, NH 03037

Best Contact Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

If swim lessons are cancelled (due to weather) please contact me at \_\_\_\_\_

Questions/Comments/Medication/Injuries/anything the instructor should know about:

Swim Instructor: Miss Nicole Chase -email: [n.mariechase@gmail.com](mailto:n.mariechase@gmail.com) phone: 603-540-1038

\*Please write down my contact info, the session, level and time you have signed your child up for. Feel free to email me with questions, Thank you!