



Swimming Lessons at Canaan Street Lake 2017

Please return this form to the Canaan Town Offices

mvalleyrec@gmail.com

P.O. Box 38 • 1169 US Route 4, Canaan, NH 03741 603-523-4501

Or register online at: <https://mvpr.recdesk.com/Community/Home>

The Canaan Recreation Commission is excited to announce that swimming lessons will be offered by a certified Red Cross Swimming Instructor at Canaan Street Lake this summer.

SESSION DATES: Two 2-week sessions: **Session I:** July 10-July 21, **Session II:** July 24-August 4

FEE: Mascoma Valley residents: \$30.00 per session Out of district: \$50.00 per session

Make check payable to Town of Canaan. Mail or drop off at the Canaan Town Office (address above).

TIMES: Level I - 10:00am - 10:30am
Level II – 10:30am – 11:00 am
Levels III & IV – 11: 00am – 11:30 am
Levels V & VI – 11:30am – 12:00pm

CLASS DESCRIPTIONS: *(All classes open to ages 5 & up.)*

Level I: Introduction to Water Skills/Water Exploration: help students feel comfortable in the water, blowing bubbles, fully submerge face, supported float, basic breath control, supported kicking on front/back.
Level II: Fundamental Aquatic Skills/Primary Skills: learn to float front and back without support, fully submerge head, rhythmic breathing, flutter kick on front/back, back crawl arm action, turning over front/back
Level III: Stroke Development/Readiness: coordinate front and back crawl, introduce elementary backstroke and the fundamentals of treading water, jump into deep water, tread water
Level IV/V/VI: Stroke Improvement: develop confidence in strokes, breaststroke and sidestroke, tread water, deep water bobbing, experiment with buoyancy and floating positions.

SWIM LESSON REGISTRATION

(please circle one) **Session I** July 10-July 21 **Session II** July 24-August 4

Child's Name _____ Age _____ DOB _____

Address _____

Parents/Guardian _____

Telephone (Home) _____ (Work) _____ (Cell) _____

Email address _____

Emergency Contact: _____

Participated in swim lessons before? _____ Where _____ Level _____

Please note any special needs your child has _____
