



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CONCORD FAMILY YMCA

## Swim lessons at LAKE KEZAR, WADLEIGH STATE PARK.

July 12– July 23, 2 weeks Monday—Friday

- Lightning / driving rain make ups July 26–28 (if needed)

### How to Register

Online on our website  
[www.concordymca.org](http://www.concordymca.org)

Or by phone @ (603) 228-9622

Parent contact:  
Allie Tibbetts 603-748-0782

### PRESCHOOL & YOUTH

3 YEARS–14 YEARS\* 30 MIN CLASS\* M-F FOR 2 WEEKS

COST FIRST CHILD \$65 / \$55 FOR EACH ADDITIONAL CHILD

PLEASE NO CASH PAYMENTS. CAPACITY 4 SWIMMERS PER CLASS TIME

**Safety Around Water (SAW):** FREE program More information on next page

**1. Water Acclimation:** Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

**2. Water Movement:** Encourages forward movement in water and basic self-rescue skills performed independently.

**3. Water Stamina:** Develops intermediate self-rescue skills performed at longer distances than previous stages.

**4. Stroke Introduction:** Introduces stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

**5. Stroke Development:** Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

**6. Stroke Mechanics:** Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Mon-Fri
Stage 6 9:00–9:30am
Stage 5 9:40–10:10am
Stage 4 10:20–10:50am
Stage 3 11:00–11:30am
Stage 1 & 2 11:40–12:10am
SAW 12:20–12:50pm

**DUE TO COVID-19 ONE PARENT MUST BE IN THE WATER FOR STAGES 1,2, 3, & SAW**



**Q: How do I know what level to place my child?**

**A:** Each child is grouped by skill. If you are not sure call the YMCA and ask for Alec Decato. If they need to switch levels we can make adjustments as we go. We will perform swim tests on the first day as well

**Q: Does every child advance to the next level after completion of their session?**

**A:** No, we expect each child to learn and progress at his or her own rate. At the final class, the child will receive a progress report from the instructor that explains his or her current skill level.

**Q: What is the instructor to child ratio?**

**A:** Our average ratio is 1:4

**Q: How do I make sure my expectations are being met during the lesson program?**

**A:** Talk to the swim instructor, if you have a concern. We appreciate and welcome your feedback.

**Q: What is the weather Policy?**

**A:** We will cancel lessons if there is lightning, driving rain, or an outside temp of under 60 degrees.

**Q: Does the YMCA offer make up lessons?**

**A:** We offer makeup classes in the event of lightning or driving rain. Dates for make ups are posted above.

**Q: What if I can not make the make up dates can I get a refund?**

**A: No,** we can not do refunds if a make up class is scheduled.

**Q: What if the state decides no more events?**

**A:** We fully plan to have lessons and if that does arise we will reach out to all participants

**Q: Where can I register for swimming lessons?**

**A:** You can register online at [concordymca.org](http://concordymca.org) or by phone (603) 228-9622

**Parent contact: Allie Tibbetts (603) 748-0782 Updated; 2.10.21 AD**



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## CONCORD FAMILY YMCA LAKE KEZAR, WADLEIGH STATE PARK

We are able to offer financial assistance/program scholarships to families in need.

The application link can be found below

<http://concordymca.org/membership/financial-assistance/>

### **COVID 19– PROCEDURE AND PRECAUTIONS**

- ◆ Remain home if experiencing symptoms of COVID-19 including fever, respiratory symptoms such as sore throat, cough, or shortness of breath, flu-like symptoms such as muscle aches, chills, and severe fatigue or changes in a person's sense of taste or smell.
- ◆ Parents must be in the water for swim stages 1,2, 3, & (SAW)
- ◆ Lifeguards and swim instructors will be wearing masks and face shields through the entirety of lesson.
- ◆ Participants are asked to wear a face mask until they enter the water. Classes will be spread out to adhere to social distancing guidelines as much as possible. We will have an area roped off and have cones on the beach to allow for safe social distancing.
- ◆ Swimmers will have their temperature checked and recorded prior to the start of every class
- ◆ To comply with state requirement for maximum persons per event, each swimmer may be accompanied by no more than one spectator. If you have more than one spectator please wait in your vehicle or another area of the beach.
- ◆ Once you arrive, maintain social distancing by waiting at an empty color dot until called. A designated parent will help monitor social distancing at check-in and change shift.

### **Safety Around Water (SAW): NEW FREE PROGRAM**

This FREE YMCA program can help you make sure children learn essential water safety skills, which can open up a world of possibilities for them to satisfy their curiosity safely. Geared for unintended entries into the water and safety.

A typical Safety Around Water session includes:

- ◆ Exercises to help kids adjust to being in water
- ◆ Instruction in “Jump, Push, Turn, Grab” and “Swim, Float, Swim,” two skill sets kids can use if they unexpectedly find themselves in the water
- ◆ Specific safety topics like what to do if you see someone in the water who needs help
- ◆ Fun activities that reinforce skills

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