



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CONCORD FAMILY YMCA

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

July 22-Aug 2, 2 weeks Monday—Friday

- Lightning / driving rain make ups Aug 5&6 (if needed)

### 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.

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.



**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 Jen Bonnett. If they need to switch levels we can make adjustments as we go.

**Q: Where do I find session dates, registration dates, class times and prices?**

**A:** In this brochure or on the concord YMCA web site.

**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: 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 instructor to child ratio?**

**A:** Our average ratio is 1:5

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

**A:** Registration documents accepted at following locations:

Concord Family YMCA 15 N. State street  
Concord NH 03301 228-9622

Vernondale Store N. Sutton. (Bob DeFelice)  
Call for store hours before dropping off registration **603-927-4256**

**Parent contact: Allie Tibbetts  
603-748-0782**

Updated 4.10.19 JB

**Registration documents  
accepted at following locations:**

Please do not mail registrations

**Concord Family YMCA**

15 N. State street

Concord NH 03301

228-9622

**Vernondale Store**

Care of Bob DeFelice

1526 Rt. 114

N. Sutton

603-927-4256

Call for store hours before  
dropping off registration

Mon-Fri
<b>Stage 6</b> 9-9:30am
<b>Stage 5</b> 9:35-10:05am
<b>Stage 4</b> 10:10-10:40am
<b>Stage 3</b> 10:45-11:15am
<b>Stage 2</b> 11:20-11:50am
<b>Stage 1</b> 11:55-12:25pm



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **CONCORD FAMILY YMCA LAKE KEZAR, WADLEIGH STATE PARK Release and Waiver of Liability and Indemnity Agreement**

**Registration documents  
accepted at following locations:**

Please do not mail registrations

**Concord Family YMCA**

**15 N. State street  
Concord NH 03301  
228-9622**

**Vernondale Store  
Care of Bob DeFelice  
1526 Rt. 114**

**N. Sutton  
603-927-4256**

**Call for store hours before  
dropping off registration**

**Parent contact:**

**Allie Tibbetts 603-748-0782**

I accept any and all responsibility for and assume the risk of any and all injury or damage to my person or belongings which might arise directly as a result of participation in or observation of any programs or activities. I understand that even when every reasonable precaution is taken accidents can still sometimes occur. I understand and expressly acknowledge that I indemnify and hold harmless the CONCORD YMCA SWIM LESSONS WITH LAKE KEZAR, TOWN OF SUTTON, KEZER LAKE PROTECTIVE ASSOCIATION, AND WADLEIGH STATE PARK its directors, officers, staff, volunteers, and agents from all liability for any injury, loss or damage connected in any way due to participation in the Concord Family YMCA activities, for any purpose and regardless of location.

I agree to abide by the rules and regulations set forth by the CONCORD YMCA SWIM LESSONS WITH LAKE KEZAR, WADLEIGH STATE PARK

I understand this agreement is intended to be as broad and as inclusive as is permitted by the laws of the State of New Hampshire. I certify that I am familiar with and understand the contents of this agreement and that it is my intention by signing this agreement that the same be binding not only for me, but my heirs, administrators, executors, successors, and assigns.

Name of Child: \_\_\_\_\_ Age: \_\_\_\_\_

Name Parent/Guardian: \_\_\_\_\_ Phone: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Email: \_\_\_\_\_

**PHOTO RELEASE:**

I give permission for my child/children to be photographed and photos used for CONCORD YMCA SWIM LESSONS OR LAKE KEZAR, TOWN OF SUTTON, KEZER LAKE PROTECTIVE ASSOCIATION, WADLEIGH STATE PARK. for publicity purposes.

\_\_\_\_\_ YES \_\_\_\_\_ NO

Parent/Guardian Signature: \_\_\_\_\_