

SPECIAL NEEDS: If special accommodations are needed to participate, please contact Jane O'Brien at 792-1305 or e-mail her at jobrien@bedfordnh.org.

PRIVATE LESSONS: May be scheduled with certified pool staff at your own pool or during an arranged instructors off time, please contact Jane O'Brien at 792-1305 or e-mail her at jobrien@bedfordnh.org.



TURTLE READINESS

SWIM LESSONS (3 and 4 year old classes)

TURTLE READINESS - This program is a WATER adjustment and WATER safety skills class is for children ages 3 & 4 (parents do not need to participate) child is in the water with certified water safety instructors & lifeguard aides. This 25-minute class will be held Monday - Thursday rain or shine. The children will start off in the splash pool area and as comfort zones appear we will proceed to the main pool. **CLASS SIZE IS LIMITED.**

August 15 to August 18 (Mon-Thurs)

SESSION ONE:	8-8:25 AM
SESSION TWO:	8:30-8:55 AM
SESSION THREE:	9-9:25 AM
SESSION FOUR:	9:30-9:55 AM

\$25 Bedford Residents ~ \$35 Non-Residents

TO REGISTER VISIT OUR WEBSITE
BedfordRecOnline.com

For more information call 472-5242

BEDFORD MEMORIAL TOWN POOL

ADDRESS: 20 County Road
POOL PHONE #472-7331

HOURS OF OPERATION*

Open Seven Days a week 10-7 p.m.

**Hours of operation may be adjusted due to inclement weather or management's discretion*



Swim Lessons



5 y/o & up
(Aug 8-12th)



3 & 4 y/o
(Aug 15-18th)

Swim Lessons (ages 5 and up)

This Mini One Week (45 minute program) swim lesson program is designed for children ages 5 and up.

This program will run starting Monday - August 8th to Friday August 12th everyday.

This is an extensive program to allow the instructors to tailor the lesson plans to the appropriate level.

There will be three separate times offered and we will try to accommodate all levels. Upper levels may be combined due to low enrollment. Program will run after the Bedford Swim Team completes their season on August 6th.

SESSION ONE: 7:30-8:15 AM
Goldfish * Angelfish * Dolphin * Shark * Barracuda

SESSION TWO: 8:20-9:05 AM
Water Frogs * Goldfish * Angelfish * Dolphin * Swordfish

SESSION THREE: 9:10-9:55 AM
**Water Frogs * Goldfish * Angelfish * Dolphin *
Swordfish**

\$50 Bedford Residents ~ \$60 Non-Residents

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LEVEL DESCRIPTIONS



WATER FROGS (5 year old only)

The focus is to help the 5 year old student feel comfortable with his/her water environment through games and safe water play with other 5 year olds.



GOLDFISH (Level 1 - Introduction to Water Skills)

Students in this class need to be comfortable with putting their faces in the water and holding their breath along with floating from front to back.



ANGELFISH (Level 2 - Fundamental Aquatic Skills)

Students must have passed Goldfish. They will learn to swim under water, float without help; flutter kick, swim combined strokes for distances; retrieve objects from shallow end.



DOLPHIN (Level 3 - Stroke Development)

Students who have passed Angelfish. These students will bob in the water over their head; learning about diving; front and back crawl strokes; elementary backstroke; reverse direction without stopping; treading water for a length of time.



SWORDFISH (Level 4 - Stroke Improvement)

Students who have passed Dolphin. These students will do deep water bobbing, rotary breathing; deep water diving; swim 4 basic strokes for distance; tread water for a length of time with different stroke kicks.



SHARK (Level 5 - Stroke Refinement)

Students who have passed Swordfish. These students will learn water diving and diving from a stand, alternating breathing, swim basic strokes for distance and open turn both sides.



BARRACUDA (Level 6 - Swimming & Skill Proficiency)

Students who have passed Shark. These students will learn to refine their skills, front and back crawl 100 yards; other strokes for distance and turns for all strokes.