



Hampshire Hills Winter 2010 Swim Lesson Schedule

Schedule subject to change

603.673.7123

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am			Adult Swim			
9	WB Splash&Play	WB Beginners	WB Intermediate	2A	1P2	WB S&P & Beg
9:30	1P1	2B	WB Advanced /	2B	2A	2B 1P1
10	1P2	2A	G&S	1P1	2B	1P2 2A 2B
10:30	2A	1P2	Gym & Swim	1P2	1P1	3+ 1P2 2A
11	2B		Gym & Swim			2A 2B 1P1
11:30						2A 1P1 2B
12	1P1	Gym & Swim X2		2A		
12:30	1P2	Kinder Center x2		Kinder Center x2		
1	2A	Gym & Swim X2		1P2		
1:30	2B	1P2 2B		2B		
2						
4	2B	2A 1P2	1P1	1P2 2A		
4:30	2A 1P2	2B 2A 1P1	SN Beg 2A	2A 1P1 2A		
5	2B 2B	WB Int. 2A SN	SN Adv 2B	1P2 2B 2B		
5:30	1P2 2A	Beg 2B SN	1P1 2A	1P1 2A 1P1		
6	2B 1P1	Beg 3+ 1P2	2B 1P2	2B 3+ 1P2		
6:30	3+		Adult Learn to Swim	Kid Advanced Swim		

**Next Session
Registration**
Members: Feb 9
Nonmembers: Feb 11
3-7pm
In Person or By Phone

**Need help with levels? Give us a call and we'll help you out. 603.673.7123, x204.
Class descriptions located on the following page.**

Swim Lesson Descriptions

All Water Babies classes are parent involvement

Water Babies Splash & Play: 6 weeks and up. Beginner experience through songs and play.

Water Babies Beginner: 12 months and up. Already comfortable in the water. A little more instruction, less play.

Water Babies Intermediate: 2 years and up. For the baby with no fear or apprehension. Ready to be independent and swimming underwater.

A flotation device class. (We will provide.)

Water Babies Advanced: 2 years and up. Class geared towards the star swimmer not yet 3 years of age who's ready to swim without a flotation device and parent. Participation in a previous class required, instructor placement.

Level-

1P1: Child must be at least 3 years old. Never been in lessons before. No experience and parent is not sure how the child will perform in the water.

1P2: Child has had lessons. Face is comfortable in the water. No apprehensions and no fears. A great listener.

2A: Child is swimming independently with head above water for a minimum of 5 feet. No flotation device needed. Gives everything a try.

2B: Child is a very strong dog paddler. Will swim in shallow and deep end. No apprehensions and no fears, never needs assistance.

Child will be swimming half the time in the kidney pool and half in the lap pool, working on freestyle and back stroke.

3 & Up: Child can swim freestyle with rhythmic breathing/arms out of pool and backstroke, 25 meters of the Lap Pool

Advanced Swimming: For Level 3 and up looking for more of a challenge. 45 minutes of lap pool swimming and coach instruction.

Adult Learn To Swim: 18 and older. Any ability welcome. 30 minute class geared towards your specific goals.

Special Needs Aquatics: Beginner: Shallow end-stroke development and play for the independent swimmer or swimmer accompanied by an adult.

Advanced: Lap Pool- Good stroke skills Ready to swim several lengths of the pool without stopping.

Hampshire Hills Sports & Fitness Club

50 Emerson Rd, Milford, NH 03055

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