**Newbury Parks and Recreation**

**NH Swim School Red Cross Certified Kids Summer Swim Program 2018**

**2-Week Red Cross Certificate Program: July 23 – Aug 13 (1:00p.m.-3:00p.m.)**

**Newbury Town Dock Rte. 103 Newbury, NH Cost: $50 per child**

NH Swim School comes to the **Newbury Harbor/Town Docks**! Make this the year your child learns to swim. Introduce them to the joy of swimming by registering for our safe, fun and nurturing lessons taught by Red Cross-certified professionals from the NH Swim School.

**Preschool Aquatics:** Ages 4 and 5

Purpose -To learn basic aquatic skills



**American Red Cross Learn-to-Swim Level 1:** Ages 6+

Beginner non-swimmer unable to put their face in the water.

**American Red Cross Learn-to-Swim Level 2:** Ages 6+

Must be able to swim independently 3 body lengths and float on back for 5 seconds.

**American Red Cross Learn-to-Swim Level 3:** Ages 6+

Beginning Stroke Development-Must be able to swim on front and back approximately 10 feet.

**American Red Cross Learn-to-Swim Levels 4-6: Ages** 6+

Stroke Refinement -To further learn how to coordinate, improve and refine strokes

**1:00p.m.-1:30p.m**

Level 2 (4 Children)

Level4-6 (6 Children)

**1:30p.m.-2:00p.m.**

Preschool (3 Children)

Level 3 (5 Children)

**2:00p.m.-2:30p.m.**

Preschool (3 Children)

Level 1 (4 Children)

**2:30p.m.-3:00p.m.**

Level 1 (4 Children)

Level 2 (4 Children)

**To sign your child up for the Summer Swim Program, please visit**

[**www.newburynhrec.com**](http://www.newburynhrec.com)

**For more information contact the Recreation Department**

**603-763-4940 x 210 |** [**rosie@newburynh.org**](mailto:rosie@newburynh.org)

NH Swim School was started by Karen Jenovese of the lifeguard and CPR training company Swim NH, LLC. Swim NH. The NH Swim School is dedicated to developing safe, skilled and happy swimmers while building self-confidence and a lifelong love for the water.

Visit us at: <http://nhswimschool.com>