

Swim Lessons - Oct./November 2009 - Portsmouth Indoor Pool

REGISTRATION begins Mon. Oct. 5th for Portsmouth residents and Tuesday Oct 13th for non-residents.

LESSONS RUN: TUES / THURS beginning Tuesday Oct. 27th and end Thursday Nov. 19th.

All lessons use Red Cross standards and are taught by certified Red Cross instructors.

DAYS / TIMES - All lessons this session are held twice a week for 4 weeks and 8 classes. Most classes are 40 minutes long. Younger classes are only 30 minutes long but have fewer students.

REGISTRATION: Beginning Monday, Oct. 5th for Portsmouth residents and Tuesday Oct. 13th for non-residents. You may register during any hours the pool is open. We must have full payment to register any child and will continue to register until each class is full. Registration must be in person with cash or check.

RESIDENT POLICY - Proof of Portsmouth residency will be required for the discounted rate. Parents must show a driver's license with a Portsmouth street address only. (No P.O. boxes) Full policy is detailed in Rec. brochure.

COURSE FEES: Residents - \$30 , Non-residents - \$85 (For 2009 pool members: Resident \$15, Non- res. \$50.00)

Tues / Thurs classes (Oct 27– Nov 19)

| <u>Class</u> | <u>Times</u> | <u>Instructor</u> |
|---|-----------------------------------|-------------------|
| Infant/Toddler | (On Saturday* ... see note below) | |
| Basic Preschool | 5:30-6:00 | Ann O' |
| Advanced Preschool | 5:45-6:15 | Bridget |
| Basic Preschool | 6:15-6:45 | Louise |
| Advanced Preschool | 6:30-7:00 | Ann O' |
| (More Preschool classes available on Saturday*) | | |
| Level 1 | 6:00-6:30 | Ann O' |
| Level 2 | 5:30-6:10 | Yvonne |
| Level 2 | 6:15-6:55 | Lexy |
| Level 3 | 5:30-6:10 | Lexy |
| Level 3 | 6:15-6:55 | Yvonne |
| Level 4 | 5:30-6:10 | Louise |
| Level 4 | 6:15-6:55 | Nicole |
| Level 5+6 | 5:30-6:10 | Nicole |
| Level 5+6 | 6:15-6:55 | Bridget |

In case of instructor illness, makeup classes would be held on Nov. 24th if we can not get a substitute.

*Saturday classes (Oct. 17 – Dec. 12) * No class on Nov 28

| | | |
|--------------------|-------------|-----------|
| Infant/Toddler | 11:00-11:30 | Jason |
| Advanced Preschool | 11:05-11:35 | Stephanie |
| Basic Preschool | 11:30-12:00 | Jason |

NEW PRESCHOOL LEVELS !!

(Read carefully as we will be testing all swimmers the first day of lessons to see if they can pass these skills. If they are not at the minimum skill level, they will be removed from the class and only an 80% refund will be given.)

Advanced Preschool: For ages 3+4 who can totally self-submerge (mouth,nose, and eyes) for about 5 seconds and can walk or hop 10 feet unassisted in shoulder-deepwater without fear or reaching for the wall.

Preschool (Basic): For every other aged 3+4 child who can not perform both of the above.



BEFORE SIGN-UPS: If you have not taken lessons at the Portsmouth Pool before, please carefully review the swim level descriptions on the purple sheet available at the pool's front desk or on the pool web site

“www.cityofportsmouth.com” (click Recreation Dept., then Indoor Pool, then “Lessons Placement”)

Proper placement is critical for successful teaching and learning. If you do not have a very recent (due to the '09 changes) Red Cross card that proves your child passed the previous level, we recommend coming in (at no charge) to take a 5 minute pre-test during any Open Swim. Please call in advance to do so. Instructors will move

swimmers out of a class if their ability level significantly differs from the course standard. We will attempt to switch them into the proper class, but if that class is full or unavailable will only refund 80% of the registration fee.

Refund policy: Due to the high demand and limited spots for swim lessons, **refunds are not available** except in cases where a swimmer was signed up for the wrong level (80% refund) or where we have to cancel a class due to lack of interest (100% refund). We must have at least 5 swimmers registered for a class to run.

Class cancellations: If an instructor is sick we will make every effort to schedule a replacement instructor for that day. If this is not possible we will either schedule a make-up class for that Friday or refund the pro-rated amount for that one class as well as give a free one-visit pool pass. The parent should check in at the front desk during the class following the cancelled one to receive their refund.

Parents: The pool does not want swimmers to get discouraged if they do not pass to the next level. Please help us inform the children that not every swimmer passes every class. There are many different skills to learn in each level in addition to endurance and form. Feel free to speak to the instructor if you would like an explanation of what your child needs to improve on throughout the session.

Swim Pull – Ups: Mandatory for children under 3 years of age or for children older than this age who are not completely toilet trained. Pull-ups can be purchased at desk for \$1.

Changing facilities: Children 5 years and older must use same gender changing rooms. A changing stall is located on the pool deck for older children that need supervision. If these children need to use the restroom, they may use the bathroom in the conference room only if the parent accompanies them. See the desk attendant for further assistance.

**Please do not enter the locker rooms until 15 minutes prior to the start of your lesson.
(This keeps traffic on deck minimized while lessons are being run. Thank You.)**

Watching Lessons: Please watch your child's lessons from the bleachers or the conference room only. This is to minimize the distraction to the children and the instructor. At the end of the class when you are waiting with your child's towel, please wait at the bleachers or just inside the glass doors of the lobby until your child exits the water. Again, this minimizes distractions to the child and their class. If you wish to move closer to take pictures of your child in the class, please ask the lifeguard first. Thank you.

POOL PHONE: (603) 427-1546

48 Andrew Jarvis Dr., Portsmouth, NH (next to High School)

These programs are run by the City of Portsmouth Recreation Dept. and are **NOT SCHOOL SPONSORED.**
This notice is distributed as a courtesy.

ALSO :

**ADULT LESSONS BEGIN
OCTOBER 20th**

**FULL INFO AT THE POOL OR
ON THE POOL WEB SITE !**

