



SCAN TO LEARN MORE & REGISTER!

# STRONG SWIMMERS, CONFIDENT KIDS

## OUTDOOR SWIM LESSONS | 3 - 18+ YEARS

### LAKEMASSASECUM

in Bradford,  
French's Park

JULY 8 - 19

### NEWFOUND LAKE

in Bristol,  
Cummings Town Beach

JULY 8 - 19

### KEZAR LAKE

in Sutton,  
Wadleigh State Park

JULY 22 - AUGUST 2

### BEAR BROOKE PARK POND

in Allenstown,  
Bear Brook State Park

AUGUST 5 - 16

## HOW TO REGISTER

Scan the QR code above,  
visit our website at  
[www.granitemca.org](http://www.granitemca.org),  
or call 603.228.9622

## MONDAY - FRIDAY

### STAGE 4, 5 & 6

8:30 - 9:15 am

First child: \$130 | Additional family member \$120

### STAGE 3

9:20-9:50 am & 10:30-11:00 am

First child: \$105 | Additional family member \$95

### STAGE 1 & 2

9:20-9:50 am & 9:55-10:25 am

First child: \$105 | Additional family member \$95

### PRESCHOOL

9:55 - 10:25 am

First child: \$105 | Additional family member \$95

### ADULT

10:30 am - 11:00 am

First adult: \$105 | Additional family member \$95

### FREE SWIM

11:05 - 11:55 am

Times subject to change  
based on registrations.

### SWIM BASICS: PRESCHOOL (PARENT/GUARDIAN NEEDED)

For children aged 3-6 with little to some experience in the water but not yet able to swim or float without assistance. Instructors assist children in the pool while they develop comfort with underwater exploration and basic safety skills as well as basic swimming skills like body positions, breath control, and basic movement through the water using the swim-float-swim skill-set when they are ready.

### SWIM BASICS: STAGE 1 & 2, SCHOOL AGE

For children aged 5-12 with little to some experience in the water but not yet able to swim or float without assistance. Instructors assist children in the pool while they develop comfort with underwater exploration and basic safety skills as well as basic swimming skills like body positions, breath control, and basic movement through the water using the swim-float-swim skill-set when they are ready.

### SWIM BASICS: STAGE 3, SCHOOL AGE

For children aged 6+ with some experience in the water but not yet able to swim the full length of the pool on their own without flotation. Instructors assist children in the pool while they develop comfort with underwater exploration and basic safety skills as well as basic swimming skills like body positions, breath control, and basic movement through the water using the swim-float-swim skill-set when they are ready.

### SWIM STROKES: STAGE 4, SCHOOL AGE

For children aged 5+ able to swim 25 yards independently using the swim-float-swim skill-set demonstrating rhythmic breathing and tread water for one minute. Children will be introduced to technique in basic competitive strokes. Water safety will be reinforced through treading water, elementary and backstroke.

### SWIM STROKES: STAGE 5 & 6, SCHOOL AGE

For children to continue to develop stroke technique and endurance in front crawl, back crawl, and learn the breaststroke and butterfly strokes. Water safety is reinforced through treading water and building endurance.

For questions or more information please contact Erin O'Brien:  
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