

Swim Lessons - APRIL / MAY 2010 - Portsmouth Indoor Pool



REGISTRATION begins **March 22nd** for Portsmouth residents and **March 29th** for non-residents.

MON / WED LESSONS begin **April 19th** and end **May 19th**.

TUES / THURS LESSONS begin **April 20th** and end **May 20th**.

NO CLASS THE WEEK OF APRIL 26th DUE TO NEW HAMPSHIRE SCHOOL VACATION WEEK

DAYS / TIMES - Most lessons this session are held twice a week for 4 weeks (8 classes). Exceptions are listed further below.* Most classes are 40 minutes long.* Younger classes are only 30 minutes long but have fewer students.

REGISTRATION: Begins Monday March 22 for Portsmouth residents and Monday March 29th for non-residents. You may register during any hours the pool is open. Please read the "What Class Should My Child Be In" information BEFORE registering. (see back) 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.

COURSE FEES: **Residents - \$30 , Non-residents - \$85** (For current 2010 pool members: Resident \$15 , Non- res. \$50.00)

Mon / Wed classes: April 19 – May 19

Class	Times	Instructor
Infant/Toddler	4:00-4:30	Jason
Basic Preschool	4:30-5:00	Jason
Basic Preschool	5:30-6:00	Ann O'
Adv. Preschool	4:00-4:30	Lexy
Adv. Preschool	5:00-5:30	Jason
Level 1	5:30-6:00	Brianna
Level 2	4:45-5:25	Ann O'
Level 3	4:30-5:10	Lexy
Level 3	5:15-5:55	Laurie
Level 4	4:30-5:10	Laurie

Tues/Thurs classes: April 20 – May 20

Class	Times	Instructor
Basic Preschool	4:45-5:15	Ann O'
Basic Preschool	5:00-5:30	Rachel
Basic Preschool	5:30-6:00	Ellen
Combined Preschool	6:30-7:00	Jacqui (Basic and Adv.)
Adv. Preschool	4:30-5:00	Rachel
Adv. Preschool	5:15-5:45	Ann O'
Adv. Preschool	6:00-6:30	Jacqui
Level 1	4:00-4:30	Rachel
Level 1	5:45-6:15	Ann O'
Level 2	4:00-4:40	Lexy
Level 2	5:00-5:40	Jennie
Level 2	6:00-6:40	Ellen
Level 3	4:00-4:40	Ann O'
Level 3	5:30-6:10	Brianna
Level 3	6:15-6:55	Ann O'
Level 4	4:45-5:25	Nicole
Level 4	5:45-6:25	Jennie
Level 4	6:15-6:55	Brianna
Level 5+6	4:00-4:40	Nicole
Level 5+6	4:45-5:25	Lexy
Level 5+6	6:15-6:55	Sue
Intro to Swim Team	5:30-6:10	Sue

* Please register early as some classes fill quickly. If you are not able to get into a class, please ask to have your name put on the waiting list for the level you want.

* We often move children up, down (or out) of a class if they are not in the appropriate level. Some-times we may even add a class if an instructor becomes available.

(MORE CLASSES AND PROGRAMS ON BACK !!)

Lifeguard Course: May 11 – May 23 see www.cityofportsmouth.com/recreation/indoor.htm soon for full schedule.

Lifeguard Review Course: Renew your certs. for another three years. May 25th – 28th, 5:00-10:30 pm each day.

Adapted Aquatics: For school aged children with cognitive and/or physical disabilities. Will run on Friday afternoons from 4-5 for six or seven sessions sometime between March 26th and May 21st. Check back with the pool soon for more information on this program or leave a message for Lexy.

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.

All "learn-to-swim" lessons use the Red Cross standards and are taught by certified Red Cross instructors.

WHAT CLASS SHOULD MY CHILD BE IN ??: 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 at "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 '05 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 refund the pro-rated amount for that one class as well as give a free one-visit pool pass. (There is no pool time available to schedule make-up classes.) 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 ½ years (42 months) 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.

POOL PHONE: (603) 427-1546

We are located at :

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

This notice is distributed as a courtesy.

These programs are run by the City of Portsmouth Recreation Dept. and are **NOT SCHOOL SPONSORED**