

Registration

Child _____
 Parent _____
 Address _____

 Home Telephone _____
 Other Telephone _____
 Date of Birth _____
 Age as of 6/25/2020 _____
 E-Mail Address: _____

Child's Swimming Experience

Still Afraid of the Water _____
 Loves Water but Cannot Dog Paddle _____
 Able to Dog Paddle _____
 Can Swim in Deep End w/ Bubble _____
 Can Swim in Deep End w/o Bubble _____
 Needs to Improve Strokes _____

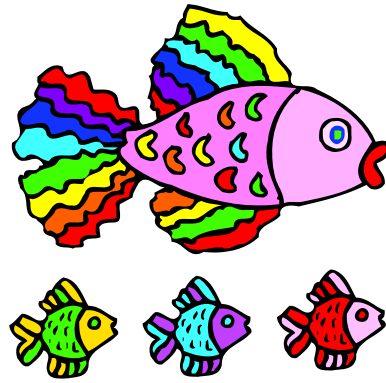
Session 1 __ Session 2 __ Session 3 __ Session 4 __
 PLEASE note any traumatic water experiences here:

I/we are aware that participation in this program may present a strain on my child's body, or its parts and therefore represent to Playmates Learning Center that to the best of my knowledge, my child is in proper physical condition to allow him/her to participate and I/we assume the risk of participating. I understand that in the case of injury or illness, I/we will be notified. If it is impossible to contact me and it is an emergency, I/we hereby give permission to the attending physician to treat, hospitalize, administer anesthesia or to order injections for surgery for the safety of my child. I/we the parents/legal guardian, the undersigned have read this release and understand all it's terms. I/we have executed this release on this date indicated next to my name.

Parent/Legal Guardian _____

Date _____

Please tear off this section and return to: Playmates Learning Center, PO BOX 436, Sandown, NH 03873



Why Aquatic School?

Playmates Learning Center saw a need for children to learn to swim at an early age. New Hampshire has many beautiful ponds and lakes for families to enjoy. More people have swimming pools in their back yards.

Children should be familiar with safety rules around water. The earlier they learn to swim, the safer they will be in and around water. We installed an in-ground pool behind our facility to meet this need.

DISCLAIMERS

We will do our best to accommodate the class times for families with more than 1 child but we will continue to honor a "first come, first serve" policy. We will provide make-up classes only for weather cancelled lessons.



Aquatic School

Children Ages 5 months- 10 years

- | |
|--|
| SESSION 1 (Mon/Wed) = June 24 - July 17 |
| SESSION 2 (Tues/Thurs) = June 25 - July 18 |
| SESSION 3 (Mon/Wed) = July 22- Aug 14 |
| SESSION 4 (Tues/Thurs) = July 23 - Aug 15 |

2020

Playmates Learning Center
 56 North Road; PO BOX 436
 Sandown, NH 03873
 603 887-3128
www.PlaymatesLC.com

Our Program



In our 23rd year of our Aquatic School, we will again offer swimming lessons in our in-ground pool. Our swimming pool is also heated which keeps small bodies warm on cool mornings!

Playmates will begin it's swim program on Monday, June 24.

There will be two 4-week sessions of classes held on Monday/Wednesday and Tuesday/Thursday.

Five months to three year olds will have 30 minute classes and older children will have 45 minute classes. Children will be assigned to classes based on their age and ability.

Cost

Parent/Tot Ages 5 months—2 years \$100.00

Ages 3-5 for 8 Classes -\$120.00

Ages 6+ for 8 Classes - \$100.00

Swim Diapers are required for any child not yet potty trained.

There is a 10% discount for a second child registered from the same family.

Please submit payment along with registration.

Please make check payable to "Playmates"

You also have the ability to create an account and pay online

at...www.playmateslc.com

All sessions must be paid by the first day of each session.



Our swim instructor, Jordan Earley is a graduate of the University of New England and will start a Masters program in Occupational Therapy at UNH in the fall. She is a certified life guard, Water Safety Instructor and maintains her First Aid/CPR/AED certifications. Jordan returns to Playmates for her fifth year and looks forward to working with all ages in the pool!



Keep For Your Records

Session #1

Monday & Wednesday

June 24 June 26

July 1 July 3

July 8 July 10

July 15 July 17

_____ I want this one!

Session #2

Tuesday & Thursday:

June 25 June 27

July 2 July 5 (Fri)

July 9 July 11

July 16 July 18

_____ I want this one!

Session #3

Monday & Wednesday:

July 22 July 24

July 29 July 31

August 5 August 7

August 12 August 14

_____ I want this one!

Session #4

Tuesday & Thursday:

July 23 July 25

July 30 August 1

August 6 August 8

August 13 August 15

_____ I want this one!

Swim Levels

Parent and child— Parents learn safety in the water with their child, how to support and hold their child and how to create a positive atmosphere so children feel comfortable with trying new skills. Songs and toys are used to teach skills, while keeping children interested and comfortable.

Level 1— Introduction to Water Skills

Blow bubbles

Front glide for 3 seconds and recover to a vertical position

Arm and hand treading

Combined arm and leg movements on back and front

Back float for 3 seconds and recover to a vertical position

Enter water independently, holding railing

Level 2— Fundamental Aquatic Skills

Front float for 3 seconds

Tread water using arms and legs for 15 seconds

Finning arm action on back

Combined arm and leg actions on back

Glide on front, roll to back, float for 15 seconds and then recover into vertical position.

Level 3— Stroke Development

Push off and swim using arm and leg movements

Roll to back and float, recover to vertical position

Jellyfish and tuck floats for 10 seconds

Back glide and recover to vertical position

Change direction while swimming

Tread water for 30 seconds

Float of back for 15 seconds

Level 4— Stroke Improvement

Blow bubbles, 5 bobs

Open eyes under water and retrieve objects, front glide alternating leg and arm movements

Treading water with just arms or just legs

Level 5— Stroke Refinement

Step or jump from the side of the pool

Fully submerge and hold breath

10 bobs, rotary breathing

Front, jellyfish and tuck floats

Roll from back to front, front to back

Change direction while swimming

Float on back for 15 seconds

Level 6- Swimming and Skill Proficiency

Jump into deep water from the side submerge and return to side

Headfirst entry, in seated and kneeling positions

Back float for 1 minute

Front float for 1 minute

Flutter, scissors, breaststroke and dolphin kicks

Bobbing while moving to safety

Survival float for 1 minute

Push off into streamline on front and start kicking