

# Exeter Swim Team

## Summer 2008

EST is proud to offer a “Learn to Swim” program to the community. Summer classes begin the week of June 23 and run thru the week of August 4<sup>th</sup>. There are seven sessions. Each session runs Monday thru Thursday for one week. You may choose as many sessions as you would like.

### Classes Held @ Phillips Exeter Academy

#### Learn To Swim – Beginners ( 3 – 6 ) and ( 7 & older )

A beginner’s class. The goal is to become comfortable in the water. Skills taught: kicking, blowing bubbles, back float, submerging, reach and pull.

#### Skill Development ( 3 – 6 ) and ( 7 & older )

Skills taught: streamlining, kicking, rhythmic / rotary breathing, learn / improve freestyle & backstroke. Introduction to butterfly and breaststroke.

**Pre-Requisite:** Swimmer must be able to independently, swim ten yards and do front & back float.

#### Stroke Refinement ( 6 & older )

Class will focus on refinement of the four competitive strokes. Emphasizes stroke technique. Introduction to swim starts and turns, swim workouts.

**Pre-Requisite:** Swimmer must have knowledge of and demonstrate three competitive strokes.

### Summer Schedule 2008

#### 4:30 – 5:00 PM

Learn to Swim 6 & under  
Skill Development 6 & under  
Skill Development 7 & over

#### 5:00 – 5:30 PM

Learn to Swim 6 & under  
Skill Development 6 & under  
Skill Development 7 & over

#### 5:30 – 6:00 PM

Learn to Swim 6 & under  
Learn to Swim 7 & over  
Skill Development 7 & over  
Stroke Refinement

#### 6:00 – 6:30 PM

Learn to Swim 6 & under  
Skill Development 6 & under  
Skill Development 7 & over  
Stroke Refinement

**NOTE:** Some classes have **Pre-Requisites**. It will be noted under each class description.

### Important Information

Registration is \$65.00 for one session. \$60.00 for each additional session. No Limit to number of sessions you may sign up for.

Please mail registration forms & payment(s) to: **EST-Learned to Swim P.O. Box 766 Exeter, NH 03833.**

Please visit our website for schedules and registration form downloads.

**Website:** [www.exeterswim.org](http://www.exeterswim.org) ~~~ **Phone:** (603) 502-9440 ~~~ **E-Mail:** [learntoswim@exeterswim.org](mailto:learntoswim@exeterswim.org)

Upon receipt, you will receive a confirmation call verifying your class. Schedule is subject to change, based on enrollment.

EST is a Non-Profit organization