

## Summer Youth Swim Program at Ski Bowl Park

The Johnsbury Youth Committee is offering an afternoon swim program this year from 12:30 PM to 2:30 PM on Tuesdays, Wednesdays, and Thursdays. This swim program will follow the usual morning Youth Program held from 9 to noon. The swim program will run from July 12 through August 11 under the direction of Susanne Hayden. Bus transportation will be provided from the swim program at 2:30 PM, there will not be bus transportation provided to the program at 12:00 PM.

The swimming instruction will be a progressive program which teaches the basics and then adds strokes and safety techniques while building stamina, similar to the program at Minerva Beach. Kids will earn a certificate for each level of achievement. It takes most swimmers about 12-13 sessions to advance one level. If there is interest, there may be opportunities for intermediates to satisfy the requirements of an advanced swimmer and/or prepare for a lifeguard certificate. Along with lessons, there will be free swimming and supervised free beach playtime.

In order to better determine numbers of swim program participants and thus, the number of staff required, we need you to sign up in advance. Please sign up by either returning the slip below to Laurie West in the Principal's Office or by calling Joann Morehouse, town Hall at 251-2421 by June 15<sup>th</sup>. Further details will follow upon signing up.

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### Summer Swim Program

Participant: \_\_\_\_\_ Age: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Swimming ability: Beginner Doggy paddle Crawl/head out

Strokes achieved: Breathing Crawl Back stroke Breaststroke Butterfly Sidestroke

Stamina: How long could your child last swimming continuously?

0-1 minute 2-5 minutes 5-10 minutes 30 minutes 60 minutes more

