

Classes

Parent & Child (6 months - 3 years)

The little ones first swim class. Parent & child learn skills for swimming and safety in and around the water. Parents get tips for teaching swimming fundamentals. This is a fun class for everyone.

Pre-School (3 – 5 years)

Seahorse ~ The independent swimmers first class. The goal is to become comfortable in the water. Skills taught: kicking, blowing bubbles, back float and reach & pull.

Flounder ~ Swimmer must be able to swim with face in the water for 5 feet and perform the back float independently. Skills taught: rhythmic breathing, streamlining, freestyle, backstroke, dolphin kick and swim ten yards.

School Age (6 years and up)

Seal ~ This class is for older, beginning swimmers. Skills taught: becoming comfortable in the water, rhythmic breathing, kicking and streamlining.

Swordfish ~ Swimmer must be able to swim with face in water for 10 feet and do the back float independently. Skills taught: streamlining kicking rhythmic/rotary breathing, learn/improve freestyle and backstroke, introduction to butterfly and swim 10 yards independently.

Stingray ~ Swimmer can swim 10 yards independently on front and back but needs to work on stroke refinement. Streamlining, rotary breathing, improve freestyle, backstroke & butterfly and introduction to breaststroke.

Any questions? Please call

603-502-9440

CANNONBALL SWIM TEAM

Check us out on Facebook!

Schedule & Locations Fall 2010

Location To Be Added Shortly

Monday

4:00 – 4:30 PM ~ Seahorse & Seahorse

4:30 – 5:00 PM ~ Seahorse & Swordfish

5:00 – 5:30 PM ~ Seahorse & Swordfish

5:30 – 6:00 PM ~ Seal & Swordfish

Tuesday

4:00 – 4:30 PM ~ Seahorse & Seahorse

4:30 – 5:00 PM ~ Seahorse & Flounder

5:00 – 5:30 PM ~ Seahorse & Swordfish

5:30 – 6:00 PM ~ Seal & Stingray

Wednesday

4:00 – 4:30 PM ~ Seahorse & Flounder

4:30 – 5:00 PM ~ Seahorse & Flounder

5:00 – 5:30 PM ~ Seahorse & Swordfish

5:30 – 6:00 PM ~ Seahorse & Swordfish

Thursday

4:00 – 4:30 PM ~ Seahorse & Seahorse

4:30 – 5:00 PM ~ Seahorse & Flounder

5:00 – 5:30 PM ~ Seahorse & Stingray

5:30 – 6:00 PM ~ Flounder & Swordfish

Saturday

10:00–10:30 AM ~ Seahorse, Flounder & Seal

10:30–11:00AM ~ Seahorse & Stingray

Holiday Inn Express – Seabrook

Tuesday

4:30 – 5:00 PM ~ Seahorse & Seahorse

5:00 – 5:30 PM ~ Seahorse & Swordfish

Thursday

4:30 – 5:00 PM Seahorse & Flounder

5:00 – 5:30 PM Seahorse & Swordfish

Portsmouth Indoor Pool

Saturday

1:00 – 1:30 PM ~ P&C and Seahorse

1:30 – 2:00 PM ~ Seahorse & Swordfish

Important Information

All classes begin the week of Monday,
September 20, 2010.

Holiday Inn Express

11 Rocks Road, Seabrook

Portsmouth Indoor Pool

Andrew Jarvis Drive, Portsmouth

Classes are held once a week for six weeks.

Registration is \$105.00 per session. There is a \$5.00 family discount. Payment must be received to guarantee a spot in class.

Checks are payable to:
Cannonball Swim Lessons

Please mail ALL registration forms & payment(s) to:

**Cannonball Swim Lessons
P.O. Box 408
Exeter, NH 03833.**

Upon receipt, you will receive a phone call or email, confirming your class.

Please visit our website below. You will find class criteria, schedules, directions and registration forms for **Cannonball Swim Classes** and

CANNONBALL SWIM TEAM

Check us out on Facebook!

www.cannonballswim.com

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