

# ROCKINGHAM RECREATION SWIMMING

## Opens June 13

Noon to 12:55 pm – Adult Swim

1:00 to 4:00 pm – General Swim

5:00 to 5:55 pm – Adult Swim

6:00 to 7:45 pm - General Swim

Sat & Sun - 12:00 to 5:00 pm

## 2016 Pool Fees

### Bellows Falls Pool

<u>Season Pass</u>	<u>Resident</u>	<u>Non-Res</u>
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Under 18	\$25	\$30
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Adult	\$30	\$40
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Senior/62+	\$15	\$20
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Family	\$75	\$90
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<u>Daily Fees:</u>	<u>Resident</u>	<u>Non-Res</u>
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Under 18	\$3	\$4
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Adult	\$4	\$5
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Senior	\$2	\$4
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### Saxton River Rec Area

**June 13 - July 31**

**11:00 am - 6:00 pm**

**August 1 - August 15**

**11:00 am - 6:00 pm**

**No Fee Required**

**Facebook Us - Rockingham Recreation**

## 2016 Swimming Lessons American Red Cross

**Level 6/7 8:00-9:00am:** These classes help to develop a well-rounded swimmer by incorporating personal skills and proper technique with a variety of skills.

**Level 5 9:00-10:00am:** Focus on breast stroke and side stroke with arms and kicks, deep water skills, and personal safety.

**Level 4 9:00-10:00am:** Focus on improved crawl stroking, back stroking, breast stroke kicking, side stroke kicking, and safety skills.

**Level 3 10:00-10:30am:** Focus on improved crawl stroking, deep water skills, and diving.

**Level 2 10:30-11:00am:** Focus on independent floating skills, introduction to the crawl stroke, back stroke arms, and safety skills.

**Level 1 11:00-11:30am:** The first level in the American Red Cross learn to swim program. Focus on supported floating skills, entry, exiting, safety skills, and getting used to being in the water.

**Infant and Toddler 11:30-12:00pm:** These classes encourage water exploration with a parent in the water with their child.

Classes are Held **Monday– Friday** - each Session is two weeks long or 10 Classes.

Session 1: June 20– July 1

Session 2: July 5- July 15

Session 3: July 18– July 29

Session 4: August 1– August 12

### **Swim Lesson Fees:**

**Resident: \$25 Non-Resident: \$35**

**For further information contact the Rec Center**

**at 802-463-9732**