



## 2025 Adult Learn to Swim Ages 18+



**PROGRAM:** The purpose of this Adult Learn to Swim program is to help participants gain basic aquatic skills and swimming strokes. In this program, instructors will teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency. After completion, participants will gain confidence in the following scenarios: 1.) Increase comfort level in the water. 2.) Control breathing. 3.) Experience buoyancy. 4.) Moving through the water. 5.) Learn safety skills and safe behaviors in and around the water.

**LOCATION:** All classes are held at the Dan Healy Memorial Outdoor Pool located on Route 27 (4 Hampton Road) Exeter, NH.

**CLASS INFORMATION:** Classes are held Monday, Wednesday and Friday. Participants will attend 3, 40-minute classes per week, for 4 weeks (first session and/or second session). Classes may be cancelled due to inclement weather (thunder/lightning/heavy rain). Lessons cancelled due to inclement weather will not be made up & price is not adjusted. Maximum 6 per class.

**REGISTRATION:** Registration begins **Monday, March 10, 2025**. Registration is open to adults of Exeter and surrounding towns, on a first come, first served basis. Registrations are accepted at the Exeter Recreation Office during our business hours, on-line, mail or fax. Payment must be paid at the time of registration. **Classes will be held in a slight rain however may be cancelled due to inclement weather (thunder/lightening) or cold temperatures.**

**FEE:** Please make your check payable to E.P.R.D. Visa, MasterCard, Discover, Google and Apply pay accepted. Refunds are not given if a make-up class cannot be accommodated. There will be a \$20.00 fee charged for each returned check.

**First Session – June 16 – July 11, 2025 – Fee: \$100.00/Resident or \$110.00/Non-resident**  
**Second Session – July 14 – August 8, 2025 – Fee: \$105.00/Resident or \$115.00/Non-resident**

<b>Mondays, Wednesdays &amp; Fridays (No Lessons July 4, 2025)</b>	
Ages 18+	9:00AM-9:40AM

**EXETER PARKS & RECREATION DEPARTMENT**  
 32 Court Street, Exeter, NH 03833  
 Phone: (603) 773-6151  
 Website: [www.exeternh.gov/recreation](http://www.exeternh.gov/recreation)  
 Business Hours: Monday – Friday, 8:15am - 4:15pm