

SUMMER 2008 SWIMMING LESSON PROGRAM

The ERD is offering swimming lessons on a first come-first serve basis, for young and old alike. Swim lessons will take place at the swimming pool, and SwimSafe Pool Management, Inc. staff teaches the lessons. To choose the correct level, please read descriptions, below. The instructor ratio (per class) is 1:8 in preschool and all Levels and; 1:7 in the infant-parent and toddler-parent classes. All fees are separate from the season membership. **ALL CLASSES ARE \$10.00 PER SESSION BEFORE REGISTRATION DEADLINE.** An I.D. card is not needed for the swimming lesson program, **BUT** swimmers must be Evendale residents, eligible family residents, or business members. Swimmers must furnish towels and suits.

Inclement Weather - Swim Lesson Program

There is no make-up for the first class cancelled by inclement weather. All other classes cancelled because of inclement weather will be made-up on Fridays, (except during the second week of session III.)

A.M. SESSIONS

Session I . . . Jun 9 - 19, Mon -Thu, 2 wks . . . **Early Bird Registration Deadline . . . June 2**

Session III . . Jun 23 - July 3, Mon - Fri, 2 wks . . . **Early Bird Registration Deadline . . . June 16**

P.M. SESSION

Session II . . . Jun 9 - 19, Mon - Thu, 2 wks . . . **Early Bird Registration Deadline . . . June 2**

(**Please note:** evening lessons subject to change because of "home" swim team meets.)

Early Bird Fee: All classes are \$10 per session before registration deadline.

After Early Bird Deadline Fee: All classes are \$20.00 per session.

CLASS DESCRIPTIONS

All lessons are under American Red Cross instruction. Certificates are issued to swimmers, upon completion of the class requirements, on the last day of class. All swimmers must pass each level before progressing. Please bring Red Cross card/certificate when registering at the recreation center **or** to the first class. Some children, because of not being able to practice, forget skills learned heading into another swim lesson season. So, **PLEASE NOTE:** The SwimSafe, Inc. staff, after evaluating each class during the first day of a session, will have the right to place a child into another skill level class, if the child does not display the skills needed to participate in that particular level. Conversely, if a child's skills are too advanced for a particular level, the child may be moved to another skill level.

<u>Class Name</u>	<u>Session</u>	<u>Time</u>
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Infant/Parent (6-18 months)

An adult (18 years or older) must accompany an infant. This is a water orientation program for parents to work with their child. The class will introduce water skills such as water adjustment, front kick, prone glide, underwater exploration, back float, rolling over, and water exits.

I	10-10:30 am
II	5:30-6 pm
III	10-10:30 am

Toddler/Parent (18-36 months)

An adult (18 years or older) must accompany a swimmer. This class will introduce water skills such as water adjustment, exploring the pool, front kick, prone glide, underwater exploration, back float, back glide, rolling over, changing positions, kick-up to surface, and water exits

I	10:35-11:05 am
II	6:05-6:35 pm
III	10:35-11:05 am

PreSchool (3-6 years)

For the child ready to swim without a parent. This level prepares swimmers to enter the Red Cross' Learn to swim program.

I	11:15-11:45 am
II	5:30-6 pm
III	11:15-11:45 am

Level I Water Exploration - (no minimum age)

The objective of Level I is to help swimmers feel comfortable in the water and enjoy the water safely. No experience necessary.

I	10:35-11:05 am
I	11:15-11:45 am
II	6:05-6:35 pm
III	11:15-11:45 am

Level II Primary Skills - (no minimum age)

Swimmers learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills and adds to the self-help and basic rescue skills begun in Level I.

I	10:35-11:05 am
I	11:15-11:45 am
II	6:05-6:35 pm
III	11:15-11:45 am

Level III Stroke Readiness - (no minimum age)

Students are taught to coordinate the front and back crawl. The elementary backstroke and the fundamentals of treading water will be introduced.

I	10-10:30 am
I	11:15-11:45 am
II	6:05-6:35 pm
III	10-10:30 am
III	11:15-11:45 am

Level IV Stroke Development - (no minimum age)

The objective of the class is to develop confidence in the strokes that the student has learned thus far. The breaststroke and sidestroke will be introduced.

I	10-10:30 am
II	5:30-6 pm
III	10-10:30 am

Level V Stroke Refinement - (no minimum age)

The objective of the class is coordination and refinement of key strokes. Participants will learn to perform the front and back crawl for increased distances and to perform the sidestroke and breaststroke. The butterfly, open turns and surface dives will be introduced.

I	10-10:30 am
II	5:30-6 pm
III	10-10:30 am