

2009 SWIM LESSON PROGRAM
PRE-REGISTRATION

Please fill out the following form with your child's information. Please turn this form into the front desk by **Friday, May 29**. Sessions will be posted, at the pool and center, the following week. Thanks for your continued support as we strive to further improve our swim lesson program.

Child's Name _____ Child's Age _____

Please give a description of your child's swimming abilities:

Based on the "level" descriptions (on back or another page), what level would you place your child: (Please circle)

Child/Parent Preschool Level 1 2 3 4 5 Intro Diving

Parent/Guardian Name _____ Phone _____

Session	Mon-Thu	Mon-Thu	Cost	Please check session or sessions
Session 1 – June 8-11 and 15-18			\$15	
Session 2– June 22-25 and June 29 - July 2			\$15	
Session 3 – June 8-11 and 15-18 (EVENING CLASSES)			\$15	
Introduction to Diving			\$15/session	Session 1 ___ Session 2 ___ Both ___

Introduction to Diving is offered during session 1 and 2, and is taught from 11:55 am to 12:25 pm.

For swim classes, your child will be assigned a time between 10:00 am and 11:45 am for morning classes and 5:30 pm and 6:35 pm for evening classes. The lesson instructor assigned to your child will call you with the time of your child's lesson one week prior to the start of each session (in addition to rosters being posted at the pool and center). Each lesson is a ½ hour in length.

Because your child may be involved with another department program during the swim lesson program, please note **time preferences** you may have:

Inclement weather – There is no make-up for the first class cancelled by inclement weather. All other cancelled classes will be made up on Fridays.

CLASS LEVELS 2009 SWIM LESSONS

(Current American Red Cross Levels)

Child/Parent (6-36 months)

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

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.

Level 1 Water Exploration (no minimum age)

The objective of Level 1 is to help swimmers feel comfortable in the water and enjoy the water safely. No experience necessary.

Level 2 Primary Skills (no minimum age)

Swimmers learn to float without support and to recover to a vertical position. This level marks the beginning of locomotion skills and adds to the self help and basic rescue skill learned in level 1.

Level 3 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.

Level 4 Stroke Development (no minimum age)

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

Level 5 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 sidestroke and breaststroke. The butterfly, open turns and surface dives will be introduced.

Introduction to Diving (minimum requirements)

Must be 6 years or older, completed level II swimming lessons and must be able to jump off the diving board and comfortably swim to the ladder without assistance. Divers will be introduced to basic diving skills, such as the approach, takeoff and basic positions for a front dive, back dive and somersault.