



# LEARN TO SWIM

\$50.00 for the first student • \$5.00 off each additional child

2 Week Sessions\*

30 minute classes Mon-Thurs

Please select a session and class time.

\*You may only sign up for one (1) session at a time. At the completion of session, you may register for the next session.

Session 1 June 13 - June 24

10:10 - 10:40 AM

Session 2 June 27 - July 8\*

10:45 - 11:15 AM

Session 3 July 11 - July 22

11:20 - 11:50 AM

**\*Class for the second week will be Tuesday - Friday in observance of Independence Day**

Participant Swim Level: \_\_\_\_\_

Participant Name: \_\_\_\_\_

Parent / Guardian Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email Address: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Medical Information: Does your participant have any medical/behavioral condition that the instructor should be aware of?  Yes  No

If yes, please explain: \_\_\_\_\_

**NOTE: Make-up classes will be scheduled on Fridays from 10:10 AM - 11:50 AM, this only pertains if there is bad weather and classes are cancelled. NO REFUNDS!**

Staff Member Taking Application \_\_\_\_\_

Amount Paid \_\_\_\_\_ Check # \_\_\_\_\_ Cash \_\_\_\_\_ Credit Card \_\_\_\_\_

Aquatics Lead \_\_\_\_\_ Date \_\_\_\_\_



# Level 1 - Introduction to Water Skills

Your child is introduced to basic skills as the foundation for future skills and the development of water competency. The milestones necessary for successful completion of Level 1 include: entering the water independently using the ramp, steps, or side; traveling at least 5 yards, bobbing 5 times and then safely exiting the water; opening eyes under water and retrieving a submerged object; gliding on front and back with assistance; recovering to a vertical position with assistance; combined arm and leg actions on front and back with assistance. It is common for children to participate in several sessions of Level 1 before they successfully demonstrate each skill. That is okay! It is not important how quickly they move through a level, but that they acquire each skill.

## Level 2 - Fundamental Aquatic Skills

This class builds on skills learned in Level 1. Children begin to perform skills at a slightly more advanced level and begin to gain rudimentary propulsive skills on both front and back. This level marks the beginning of independent aquatic locomotion skills. Some of the milestones necessary for successful completion of Level 2 include: stepping from the side into chest-deep water; fully submerging and holding breath; pushing off the bottom, moving into a treading or floating position for 15 seconds, swimming on front and/or back for 5 body lengths and then exiting the water; moving into a back float for 15 seconds, rolling to front and then recovering to a vertical position; pushing off and swimming using combined arm and leg actions on front for 5 body lengths, rolling to back, floating for 15 seconds, rolling to the front and then continue swimming for 5 body lengths.

## Level 3 - Stroke Development

New swimming and water safety skills are introduced while swimmers build on previously learned skills. Children often learn to swim the front crawl and elementary backstroke at rudimentary levels, are introduced to the scissors and dolphin kicks, learn the survival float and increase the time duration for treading water. Children also learn the rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside (if the water is 9 feet deep or deeper).

## Level 4 - Stroke Improvement

New swimming and water safety skills learned and previously learned skills emphasized, improving the swimming stroke proficiency and swimming for longer distances. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim. Some of the milestones in Level 4 include: swimming the front crawl for 25 yards; swimming the elementary backstroke for 25 yards; swimming the breaststroke for 15 yards; swimming the butterfly for 15 yards; swimming the back crawl for 15 yards; swimming the sidestroke for 15 yards; headfirst entry from a stride position in deep water; open turns on the front and back.