

SwimSafe Pool Management
SWIM LESSON REGISTRATION 2010
For Strawberry Hill Recreation Association
The Neighborhoods of Strawberry Hill, North Shore, and Gatsby Green

Pool Name: **Strawberry Hill Recreation Association Swim and Racquet Club**

Session: Session 1 - June 14th-18th Session 2 – July 5th – 9th
(Please circle one or both sessions)

Child's Name: _____ Child's Age: _____
(If more than one child, please register each child separately.)

Has your child participated in Lessons before (Please circle one)? Yes No

If Yes, what level did your child reach (Please circle one): **Level 1 2 3 4 5**

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

Based on the descriptions on the back of this flyer, what level would you place your child (Please circle one): **Level 1 2 3 4 5**

Parent/Guardian Name: _____ Phone: (_____) _____

Address: _____

Emergency Contact: _____ Phone: (_____) _____

<u>Session</u>	<u>Cost</u>	<u>Initial</u>
Session 1 – June 15th – 19th	\$35.00	
Session 2 – July 6th – 10th	\$35.00	
Total Cost		

Please make checks payable to **SwimSafe Lessons**. Check must be attached to this form and mailed to **SwimSafe, P.O. Box 8127, West Chester, OH 45069** before we can place you in a class. For Non Member participants, an additional charge of \$5.00 per child per session will be payable and collected on the first day of the session. This \$5.00 charge can be paid in cash or check, checks payable to SHRA.

Lessons run Monday - Friday 8:30 AM to 11:00 AM for 30 minutes a class

You will be contacted by phone with the exact time of your lessons.

Swim Lesson Level Descriptions:

Level 1: Introduction to Water Skills

Prerequisites: Beginners: 4 and 5 year olds

Scared of water: 5 year olds

Purpose: Helps students feel comfortable in the water and to enjoy the water safely. Introduces children to swimming basics with the help of kick boards and floats; not for children who can propel themselves in water.

Level 2: Fundamental Aquatic Skills

Prerequisites: Graduated level 1

Beginners: 5 and 6 year olds

Scared of water: 7 year olds

Purpose: Gives students success with fundamental skills. For those who can swim with some kind of propulsion on their front and back, and can support themselves in deeper water without any assistance. Students will begin getting an idea on how to do beginner strokes.

Level 3: Stroke Development

Prerequisites: Graduated level 2

Beginners: 7 through 12 year olds

Purpose: Builds on the skills in Level 2 by providing additional guided practice. For those who are comfortable swimming on front and back, will work on improving crawl stroke and backstroke, technique, learn rhythmic breathing and be introduced to new swim strokes.

Level 4 & 5: Stroke Improvement & Refinement

Prerequisites: Graduated level 3

Purpose: Develops confidence in the strokes learned and to improve other aquatic skills. Stroke development and refinement. Gain confidence in strokes learned in levels 1-2-3. Intro to breast stroke, sidestroke, and turns. Improve endurance and learn surface diving.