

SWIM LESSON 2011
PRE-REGISTRATION

Please fill out the following form with your child's information. Every child will be guaranteed at least one session this summer! If the classes do not fill up, we will offer rolling sign-ups. Please turn this form into the front desk by Friday, June 3. Sessions will be posted on the weekend. 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 descriptions on the back of this flyer, what level would you place your child: **Level 1 2 3 4**

Parent/Guardian Name _____ Phone _____

Address _____

<u>Session</u>	<u>Cost</u>	<u>Initial</u>
Session 1 – June 6-9 and 13-16	\$10.00	
Session 2– June 20-23 and June 27 – 30	\$10.00	
Session 3- July 11-14 and 18-21	\$10.00	
(EVENING CLASSES)		
Session 4- July 25-28 and August 1-4	\$10.00	

Please make checks payable to Mt Lookout Swim Club. Check must be attached to this form before we can place you in a class.

***Class Times (Sessions 1,2,&4)**

Your child will be assigned a time between 9:00 and 11:00 am.

***Class Times (Session 3)**

Your child will be assigned a time between 6:00 and 7:00 pm.

Level 1: Introduction to Water Skills

Prerequisites: Beginners: 3 and 4 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.