

Swim Lesson Sign Up

PAYMENT: *Payment must be received prior to first day of lesson*

SIGN UPS WILL NOT BE ACCEPTED IF MAILED IN
MUST BE HAND DELIVERED TO AN EMPLOYEE

- 1. Members: \$110.00**
- 2. Non Members: \$130.00**

Parent's Name:	Today's Date:												
Phone Number (During Lessons):													
Child's Name:	Age: <i>(Must be at least <u>4 years or older</u> to participate in lessons)</i>												
<p>Sessions Signing Up for: <i>(Sessions Run Monday-Thursday for two weeks, with Friday being a make up day for the weather.)</i></p> <p style="text-align: center;">Please circle which session you'd like your child to participate in (1st, 2nd, 3rd, or 4th Session):</p> <table style="width: 100%; text-align: center; border: none;"> <tr> <td style="width: 25%;">1st Session</td> <td style="width: 25%;">2nd Session</td> <td style="width: 25%;">3rd Session</td> <td style="width: 25%;">4th Session</td> </tr> <tr> <td>June 10th - 13th</td> <td>June 24th - 27th</td> <td>July 8th - 11th</td> <td>July 22nd - 25th</td> </tr> <tr> <td>June 17th - 20th</td> <td>July 1st - 4th</td> <td>July 15th - 18th</td> <td>July 29th - Aug. 1st</td> </tr> </table>		1st Session	2nd Session	3rd Session	4th Session	June 10th - 13th	June 24th - 27th	July 8th - 11th	July 22nd - 25th	June 17th - 20th	July 1st - 4th	July 15th - 18th	July 29th - Aug. 1st
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<p style="text-align: center;">Please circle which group your child will be in based on the skills listed in the chart on the reverse side of the page:</p> <table style="width: 100%; text-align: center; border: none;"> <tr> <td style="width: 33%;">9-9:30am</td> <td style="width: 33%;">9:45-10:15am</td> <td style="width: 33%;">10:30-11am</td> </tr> <tr> <td><input type="checkbox"/> Preschool Levels 1 & 2</td> <td><input type="checkbox"/> Learn to Swim Levels 1 & 2</td> <td><input type="checkbox"/> Learn to Swim Levels 3, 4, 5, & 6</td> </tr> <tr> <td colspan="3" style="text-align: center;"><input type="checkbox"/> PreSchool Level 3</td> </tr> </table>		9-9:30am	9:45-10:15am	10:30-11am	<input type="checkbox"/> Preschool Levels 1 & 2	<input type="checkbox"/> Learn to Swim Levels 1 & 2	<input type="checkbox"/> Learn to Swim Levels 3, 4, 5, & 6	<input type="checkbox"/> PreSchool Level 3					
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<p>Following Completed by Palmyra Community Swimming Pool Staff</p> <p>Payment Received: <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Payment Type: <input type="checkbox"/> Cash <input type="checkbox"/> Credit Card <input type="checkbox"/> Check #</p>													
Staff Signature:													

Prerequisites for each level:

Preschool Aquatics	Learn to Swim
<p style="text-align: center;">Level 1</p> <ul style="list-style-type: none"> • No skill prerequisites • Children should be 4 years or older 	<p style="text-align: center;">Levels 1 & 2 (Introduction to Water Skills and Fundamental Aquatic Skills)</p> <ul style="list-style-type: none"> • No skill prerequisites (for Level 1) • Children usually start at about 6 years of age (Level 1) • Enter independently using ramp, steps, side and travel at least 5 yards, bob 5 times then safely exit the water (Level 2) • Glide on front at least 2 body lengths, roll to back float for 5 seconds and recover to a vertical position (Level 2)
<p style="text-align: center;">Level 2</p> <ul style="list-style-type: none"> • Should be able to enter the water independently using either the ramp, steps or side, travel at least 5 yards, submerge mouth and blow bubbles for at least 3 seconds then safely exit the water (children can walk, travel along the gutter) • In shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds then recover to a vertical position 	<p style="text-align: center;">Level 3 (Stroke Development)</p> <ul style="list-style-type: none"> • Must be able to step from side into chest-deep water, push off bottom, move into a treading or floating position for at least 15 seconds, swim on front/or back for 5 body lengths, then exit the water • Move into a back float for 15 seconds, roll to front then recover to a vertical position • Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back and float for 15 seconds, roll to front and continue to swim for at least 5 body lengths
<p style="text-align: center;">Level 3</p> <ul style="list-style-type: none"> • Should be able to glide on front at least 2 body lengths, roll to back, float on back for 5 seconds then recover to a vertical position • Glide on back for at least 2 body lengths, roll to front, float for 5 seconds then recover to a vertical position • Swim using a combined arm and leg actions on front for 3 body lengths, roll to back, float for 5 seconds, roll to front then continue swimming on front for 3 body lengths 	<p style="text-align: center;">Level 4 (Stoke Improvement)</p> <ul style="list-style-type: none"> • Jump into deep water from the side, come to the surface, maintain position by treading or floating for 1 minute. Swim front crawl and or elementary backstroke for 25 yards (1 length of the pool), then exit the water • Push off in a streamline position, swim front crawl for 15 yards, change position and direction, swim elementary backstroke for 15 yards, then exit the water

Levels 5 & 6 (Stroke Refinement and Swimming and Skill Proficiency - Personal Water Safety)

- Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards **(Level 5)**
- Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards **(Level 5)**
- Submerge and swim a distance of 3-5 body lengths underwater without hyperventilating, return to the surface, then exit the water **(Level 5)**
- Perform shallow-angle dive into deep water, swim front crawl for 50 yards (2 lengths) then swim elementary backstroke for 50 yards using appropriate and efficient turning styles throughout **(Level 6)**
- Swim breaststroke for 25 yards (1 length) change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout **(Level 6)**