

2011
SWIM LESSON APPLICATION

Parent's Name: _____

Address: _____

Telephone Number _____

Child's Name: _____ Date of Birth: ___/___/___ Level: _____
(first child)

Session & time (first choice) _____

Session & time (second choice) _____

Session & time (third choice) _____

Child's Name: _____ Date of Birth: ___/___/___ Level: _____
(second child)

Session & time (first choice) _____

Session & time (second choice) _____

Session & time (third choice) _____

Child's Name: _____ Date of Birth: ___/___/___ Level: _____
(third child)

Session & time (first choice) _____

Session & time (second choice) _____

Session & time (third choice) _____

Child's Name: _____ Date of Birth: ___/___/___ Level: _____
(fourth child)

Session & time (first choice) _____

Session & time (second choice) _____

Session & time (third choice) _____

Child's Name: _____ Date of Birth: ___/___/___ Level: _____
(fifth child)

Session & time (first choice) _____

Session & time (second choice) _____

Session & time (third choice) _____

We will do our best to honor your request, however if a session is filled, we will place your child in the next available session. NO REFUNDS AND NO SWITCHING.

Level: Beginner:

Children registering for the Beginner lessons are required to be comfortable in the water, no fear of entering the main pool.

In the Beginner Lessons the children will learn:

- How to retrieve objects from the bottom of the 3 foot section of the pool
- Supine and Prone float and glide
- Flutter kick on front and back
- Combined stroke front, using kick and alternating arm action (5yds)
- Combined stroke back, using kick and alternating arm action (5yds)

Level: Advanced Beginner

Children registering for the Advanced Beginner lessons are required to be able to do the things taught in the Beginner lesson.

In the Advanced Beginner Lessons the children will learn:

- Prone and supine glide with push-off
- Coordinate arm stroke for the front crawl with breathing to the side (10yds)
- Coordinate back crawl (10yds)
- Elementary backstroke kick (10yds)
- Reverse direction from front to back and back to front while swimming
- Tread water

Level: Intermediate

Children registering for the Intermediate lessons are required to be able to do things taught in the Advanced Beginner lesson.

In the Intermediate Lessons the children will learn:

- Elementary Backstroke (10yds)
- Front Crawl with rotary breathing (25yds)
- Back Crawl (25yds)
- Breaststroke kick (10yds)
- Sidestroke scissors kick (10yds)
- Tread Water (2minutes)

Level: Swimmer

Children registering for the Swimmer lessons are required to be able to do the things taught in the Intermediate lesson.

In the Swimmer Lessons the children will learn:

- Long shallow dive and dive off diving board
- Breaststroke (10yds)
- Sidestroke (10yds)
- Underwater swim (3 body lengths)
- Elementary Backstroke (25yds)
- Butterfly dolphin kick (10yds)
- Front Crawl (50yds)
- Back Crawl (50yds)

SWIM LESSON SCHEDULE 2011

Every attempt will be made to accommodate your child!

- Cost per child is \$35.00, please send a separate check for lessons; checks will be cashed when lessons are underway.
- Upon completion of the class, the children will receive a Williston Park Pool Certificate.
- To be eligible for swim lessons, you must be a 2011 paid pool member.
- Swim lesson applications may be brought or mailed to the Village Hall.
- Classes will be placed according to the date the registration form is received at the Village Hall . Please send a separate check for swim lessons.
- You should make a first, second and third choice and complete the registration form.
- **There will be no notification by mail.** Classes will be posted at the pool on June 20th.
- Please remember that applications for membership, as well as swim lessons, will not be processed unless all documentation is included.

DATE	TIME	CLASSES BEING OFFERED	# of Students per Class
June 27,29, 30 July 1	9:00 - 9:45	2 Beginner 2 Advanced Beginner	6 students per class
June 27,29,30 July 1	10:00 - 10:45	2 Beginner 2 Advanced Beginner	6 students per class
July 11,13,14,15,	9:00 - 9:45	2 Beginner 2 Advanced Beginner	6 students per class
July 11,13,14,15	10:00 - 10:45	2 Beginner 2 Advanced Beginner	6 students per class
July 18,20,21,22	9:00 - 9:45	2 Beginner 2 Advanced Beginner	6 students per class
July 18,20,21,22	10:00 - 10:45	1 Beginner 1 Advanced Beginner 1 Intermediate 1 Swimmer	6 students per class*
July 25,27,28,29	9:00 - 9:45	2 Beginner 2 Advanced Beginner	6 students per class
July 25,27,28,29	10:00 - 10:45	1 Beginner 1 Advanced Beginner 1 Intermediate 1 Swimmer	6 students per class*
Aug 1,3,4,5	9:00 - 9:45	2 Beginner 1 Advanced Beginner 1 Intermediate	6 students per class*
Aug 1,3,4,5	10:00 - 10:45	2 Beginner 2 Intermediate	6 students per class*
August 8,10,11,12	9:00 - 9:45	2 Beginner 2 Intermediate	6 students per class*
August 8,10,11,12	10:00 - 10:45	2 Beginner 2 Intermediate 1 Swimmer	6 students per class*

*The Intermediate and Swimmer classes **may** have more than 6 students in a class.

NO REFUNDS AND NO SWITCHING.