

# Aquatics

## Children's Swimming Lessons

Fall 2009 Session I - 6 weeks, September 14–October 24

### Water Babies

Monday 10:30–11:00  
Saturday 10:30–11:00

### Stroke Readiness

Tuesday 4:00–4:30  
Wednesday 3:30–4:00  
Thursday 3:30–4:00  
Saturday 1:00–1:30

### Water Exploration/ Primary Skills I

Monday 1:00–1:30  
Tuesday 1:00–1:30  
Wednesday 1:00–1:30  
Thursday 4:00–4:30  
Saturday 11:00–11:30

### Stroke Development

Tuesday 4:00–4:30  
Wednesday 4:00–4:30  
Saturday \* 1:30–2:30

### Primary Skills II

Monday 1:30–2:00  
Tuesday 1:30–2:00  
Wednesday 1:30–2:00  
Thursday 4:00–4:30  
Saturday 1:00–1:30

### Stroke Refinement

Tuesday 4:00–4:30  
Wednesday 4:00–4:30  
Saturday \* 1:30–2:30

\* One-hour class

### Primary Skills III

Tuesday 3:30–4:00  
Wednesday 4:00–4:30  
Thursday 4:00–4:30  
Saturday 1:00–1:30

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### Registration Form

## Children's Swim Lessons Fall 2009 Session I

6 weeks, September 14–October 24

Name \_\_\_\_\_ Member No. \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Credit card # \_\_\_\_\_ exp date \_\_\_\_\_

Please enroll me in: Level: \_\_\_\_\_

Day/Time: First choice: \_\_\_\_\_ Second Choice \_\_\_\_\_

# Children's Swimming Lessons

Fall 2008 Session I - 6 weeks, September 14–October 24

Children's group lessons are available for beginner babies through advanced swimmer levels. While working with Saw Mill Club's professional swim instructors, individuals will improve stroke techniques, acquire safety skills and increase water comfort. Children will be encouraged to reach new levels. Classes will be age and level appropriate. Participants at all levels will gain strength and endurance with improved confidence and lots of fun.

## Registration Policy

- Verbal evaluations are conducted over the phone or in person. Registration can be handled over the phone, in person or through e-mail
- When registering, it is important for each registrant to leave name, number, age of child(ren), first and second class choice.
- Non-members may register the week following member registration and payment is necessary once class placement has been confirmed.
- Make-ups are not guaranteed. We will do our best to offer placement in another class, however we will not increase the instructor to swimmer ratio.
- The sessions are scheduled for minimal holiday interruption. Check the session dates for holiday make-up schedules and please mark your calendars accordingly.

## Fees:

**Member:** \$105.00    **Non-Member:** \$140.00

\* Saturday Development & Stroke Refinement (60 min class)

**Member:** \$190.00    **Non-Member:** \$220.00

## Levels:

**Water Babies:** A half-hour of fun time for parent and baby. The parent will be instructed on appropriate holds, safety skills and the creative how to's of getting your baby more water friendly. Ages six months to 2 ½ yrs old.

**Water Exploration:** An enthusiastic time for tots to expend energy. Our goal is to increase comfort level and reinforce age appropriate safety skills. Bubbles, barbells and fins will all be introduced for participants. Ages 2½ to 4 years old.

**Primary Skills I:** We continue working with bubbles, barbells and fins, while enforcing strength in kicking and the ability to successfully backfloat. Propulsion, freedom to use arms and jumps are all features for participants at this level. Ages 3½ to 4½ years old.

**Primary Skills II:** Fundamentals of alternating backfloating with treading water are key elements taught at this level. Additionally, kickboards will replace the barbells and bubbles are no longer needed. The children will continue focusing on the kick, under water arm stroke and deepwater recovery. Ages 4 to 6 years old.

**Primary Skills III:** Coordinating the rhythmic breathing with over arm water recovery is the primary goal of this level. Back propulsion and deep underwater swimming are introduced. We will continue using the kickboards and fins. Ages 5 to 8 years old.

**Stroke Readiness:** After successfully completing a length of the pool in good freestyle form, the young swimmer will be enhancing rhythmic breathing with alternate breathing to become a stronger swimmer. Backstroke will also be introduced and mastered at this level. Ages 6 to 8 years old.

**Stroke Development:** Breaststroke and the butterfly kick are introduced. Diving from the side of the pool, with progression to the racing block, and open turns will add a new dimension to swim lessons at this intermediate level. Ages 7 to 10 years old.

**Stroke Refinement:** Complete skill refinement for all four competitive strokes with improved diving skills will be the focus for refinement swimmers. This is the last level prior to the swim stroke clinics. Ages 7 to 11 years old.