

# 2020 PARDS SPRING GROUP SWIM LESSONS

## Lesson Requirements:

- Ages 3-12
- Must be 3 by the 1st day of lessons, and must be potty trained.

## Important Information:

- Ratio of 4 to 6 students per instructor with a Lifeguard on deck.
- Instructors are American Red Cross Lifeguard/CPR/First Aid certified.
- Parents are NOT allowed on the pool deck or around windows and doors during class. We want your swimmer to focus all of their attention on the instructor during their lesson time.
- Parents and family are invited to watch the entire class the last day of the session.
- Swimmers must provide their own proper swim attire and goggles (if needed).
- All sessions are M-TH\* for 2 consecutive weeks. 8 classes total/45 minutes each.  
\*UNLESS there is a Holiday and it is specified.

## Session Dates:

SESSION 1

MARCH 2ND-MARCH 12TH

SESSION 2

MARCH 16TH-MARCH 26TH

\*Monday-Thursday for 2 consecutive weeks.

\*\*Max 10 students per session.

## Class Time:

6:30PM-7:15PM

## Fees:

Member FEE.....\$45.00

Non-member FEE.....\$75.00

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ GENDER: ( M / F )

PARENT'S NAME: \_\_\_\_\_ CONTACT #: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

EMERGENCY: \_\_\_\_\_ #: \_\_\_\_\_ RELATIONSHIP: \_\_\_\_\_

SESSION:    SESSION 1    SESSION 2

(PLEASE CIRCLE ONE)

LEVEL:    PRE-K 1    PRE-K 2    LEVEL 1    LEVEL 2    LEVEL 3    LEVEL 4

(PLEASE CIRCLE ONE) Level descriptions on back. Choose one to your best ability. The instructors will evaluate your swimmer on the first day of class to ensure they are in the correct level.

Any extra info instructor needs to know about your swimmer: (medical, etc.)

In case of an emergency, I authorize PARDS FAC STAFF to administer first aid to the swimmer named above. I agree not to hold PARDS FAC liable if my child is injured while participating in swim activities.

Parent signature: \_\_\_\_\_ Date: \_\_\_\_\_

NSF Fee of \$25.00 will be charged for all returned checks. Initials: \_\_\_\_\_

### OFFICE USE ONLY:

Initials: \_\_\_\_\_ Account #: \_\_\_\_\_

Date: \_\_\_\_\_ Amount: \_\_\_\_\_

Paid by: \_\_\_\_\_

Check #: \_\_\_\_\_ CC: \_\_\_\_\_

# LEVEL DESCRIPTIONS

## PRE-K 1 & 2: AGES 3-5

Gives developmentally appropriate aquatic learning experience that emphasizes water safety & survival concepts. Skills are age-appropriate, helping swimmers achieve success on a regular basis while in a class environment with their peers.

### PRE-K 1:

- Familiarizes swimmers to the aquatic environment and help them acquire rudimentary basic aquatic skills.
- Help swimmers begin to develop positive attitudes and safe practices in and around water.
- Skills learned may be performed with instructor support/assistance.

### PRE-K 2:

- Builds on the skills learned in PRE-K 1, improves swimmers' coordination using simultaneous and alternating arm and leg actions.
- All skills taught in PRE-K 2 are performed independently.
- PRE-REQS: Successfully demonstrate all skills learned in PRE-K 1. (will be based on instructor approval)

## LEVELS 1-4: AGES 6-12

Based on a logical four level progression that helps swimmers of varying abilities develop their swimming & water safety skills. It's designed to give swimmers a positive learning experience.

### LEVEL 1: INTRO WATER SKILLS

- Your swimmer is introduced to basic skills as the foundation for future skills & the development of water competency (the basic minimum skills needed for water safety).
- Skills learned may be performed with Instructor assistance.

### LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

- Builds on the skills learned in level 1.
- Swimmer begins to perform skills at a slightly more advanced level & begins gaining rudimentary propulsive skills on both the front & back.
- This level is the beginning of independent aquatic skills.
- PRE-REQS: Glide on front at least 2 body lengths & float on back for 5 seconds.

### LEVEL 3: STROKE DEVELOPMENT

- Introduces new swimming and water safety skills to build on previously learned skills.
- Will learn freestyle & backstroke & be able to swim 15 yards independently and correctly.
- PRE-REQS: Float on back for 15 seconds, roll to front & recover to vertical position. Push off wall & swim using both arms & legs 5 body lengths.

### LEVEL 4: STROKE IMPROVEMENT

- Introduces new swimming & water safety skills & builds on previously learned, improving the swimming stroke proficiency and swimming for longer distances.
- PRE-REQS: Swim freestyle and backstroke for 25 yards (full length of pool).