



Dexter Parks & Recreation Aquatic Center
2023 Private Swim Lesson Registration
 PRIVATE LESSONS BY APPOINTMENT, MUST REGISTER IN OFFICE



PLEASE PRINT

Swimmer's Name: _____ Sex: M F Age: _____

Birthday: _____ Medical Condition: _____

Notes on child: _____

Participant Level:	<u>Pre-K</u>	<u>Regular</u>	<u>Adult</u>
(Circle One)	Level 1	Level 1 Level 4	Learning the Basics
	Level 2	Level 2 Level 5	Improving Skills & Strokes
	Level 3	Level 3 Level 6	Swimming for Fitness

Lessons must be scheduled inside blocks

<u>Morning Sessions</u>			
Circle Block:	Block 1- June 26, 27, 28, 29	Circle Time:	8:30-9:00am
	Block 3- July 10, 11, 12, 13		9:15-9:45am
			10:00-10:30am

<u>Evening Sessions</u>			
Circle Block:	Block 2- June 26, 27, 28, 29	Circle Time:	5:15-5:45pm
			6:00-6:30pm

PLEASE READ:
*Instructors reserve the right to determine the participants level of ability and place them accordingly. Participants must be able to be in a group environment and be able to go with a teacher willingly. If participants are unable to adapt to this environment, after the second day of class they will be asked to drop the class. Any participant that hits, bites, or continuously screams, cries or adamantly refuses to take instruction will be asked to drop the class. Sometimes they are not ready and cannot be pushed for this program. There are **NO REFUNDS**. Parents may be asked to remain on the outside of the facility area during swim lessons.*

Parent/Guardian Information:

Name: _____ Address: _____

Phone: _____ Email: _____

Relationship to child: _____ Additional Parent Info: _____

We, as parents (guardians) of the above-named child give our permission to his/her participation in this year's program. We assume all risks and hazards incidental to such participation in this program. We understand we are responsible for our child's transportation. Signing below gives Department of Parks and Recreation of any registration and implies that all participants are specifically granting irrevocable permission to Parks and Recreation and its assigns, both during and any time after, to use their likeness, name, voice or words in either television, radio, film, newspapers, magazines, and other media and in any form, for the purpose of advertising or communicating the purposes and activities of the Department of Parks and Recreation.

X _____

Parent/Guardian Signature (required)

See Information on Back

<u>Office Use:</u>			
30-minute Sessions:	\$15- 1 Session	\$40- 3 Sessions	\$55- 4 Sessions
CASH	CHECK # _____	DEBIT/CREDIT	(DEBIT/CREDIT Transactions Subject to Processing Fees)
Amount Paid: _____	Initials: _____	Date Paid: _____	

Swim Lesson Levels

Parent & Child Class (typically 6 months to 3 years old). This class has 2 levels and is not designed to teach children to become good swimmers or to survive in the water on their own. This level gives parents safety information & teaches techniques to help orient your child to the water. It will also provide direction regarding how to supervise water activities in a responsible manner. A parent is required to accompany each child in the water and participate in the class.

Level 1: Introduces basic skills to parents and children. No skills prerequisites, Goals include, learn to ask for permission before entering the water, learn how to enter and exit water in a safe manner, feel comfortable in the water, explore submerging to the mouth, nose, eyes, and completely, explore buoyancy on the front & back position, change body position in the water, and learn how to safely play.

Level 2: Builds on skills learned in level 1. The goals of level 2 are to provide experiences & activities for children to: establish expectation for adult supervision, learn more ways to enter and exit the water in a safe manner, explore submerging in a rhythmic pattern, glide on the front and back with assistance, perform combined stroke on front & back with assistance, and change body position in the water.

Pre-School Swim Class (typically age 4 and 5-year-old). The pre-school section consists of three levels. The primary objective of the pre-school class is to promote the developmentally appropriate learning of fundamental water safety & aquatic skills by young children. The pre-school class will concentrate on water entry & exit, breath control & submerging, buoyancy, changing direction & position, treading, swim on front & back, and water safety.

Pre-1: No skills prerequisites, exit skills—all pre-school level 1 can be performed with support. Enter independently, using either the ladder, steps, or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water. While 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.

Pre-2: Must perform preschool level 1 exit skills before enter preschool level 2. All preschool level 2 can be performed with assistance. Exit skills—Glide on front at least 2 body lengths, roll to back, float on back for 15 seconds then recover to a vertical position. Glide on back for at least 2 body lengths, roll to front then recover to a vertical position. Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming on front for 3 body lengths.

Pre-3: Must perform preschool level 2 exit skills before enter preschool level 3. All preschool level 3 skills are done independently. Exit skills—Step from side into chest-deep water, push off the bottom, move into a treading or floating position for 15 seconds, swim on front and/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, float for 15 seconds, roll to front, continue swimming for 5 body lengths.

Swim Lessons: (typically starting at age 6) Our goal is to teach aquatic and personal water safety skills in a logical progression. It consists of 6 levels. Throughout the levels, participants build on their basic skills to learn various propulsive movements on the front, back and side. As the levels increase, participants learn to refine the different strokes and build endurance. Each level includes exit skills assessments that put together many of the skills learned in the level.

Level 1- No skills prerequisites, exit skills—Enter independently, using either the ladder, steps, or side, travel at least 5 yards, bob 5 times, then safely exit the water. Glide on front at least 2 body lengths, roll to a back float for 5 seconds and recover to a vertical position.

Level 2: Must perform level 1 exit skills before enter level 2. Exit skills for level 2—Step from side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15seconds, swim on front and/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 action on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming for at least 5 body lengths.

Level 3: Must perform level 2 exit skills before enter level 3. Exit skills for level 3—Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 60 seconds, rotate one full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water. Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.

Level 4: Must perform level 3 exit skills before enter level 4. Exit skills for level 4—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. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards. Submerge and swim a distance of 3-5 body lengths underwater without hyperventilating return to the surface, then exit the water.

Level 5: Must perform level 4 exit skills before enter level 5. Exit skills for level 5—Perform a shallow-angle dive into deep water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards using appropriate and efficient turning styles throughout. Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards using appropriate and efficient turning styles throughout.

Level 6: Must perform level 5 exit skills before enter level 6. Exit skills for level 6—Swim 500 yards continuously using any 3 strokes for your choice, swimming at least 50 yards of each stroke. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes. Perform a feet first surface dive, retrieve an object from the bottom of the pool, return to surface and return to starting point.

Instructors reserve the right to determine your child's level of ability and place them accordingly. Swim Lessons will be 30 minutes each session. No Refunds.

Learning the Basics: There are no skill prerequisites.

Goal: Increase comfort level in the water
Experience breath control
Experience buoyancy
Moving through the water (level 4 stroke performance criteria)
Learn safety skills and safe behaviors in and around water

Exit skills: 1. Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water 2. Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim 15 yards elementary backstroke, then exit the water.

Improving Skills and Swimming Strokes Participant must be *comfortable in chest-deep water *Able to put his/her face in the water *Able to perform strokes that can be recognized as front crawl, breaststroke, and back crawl, each for 15 yards

Goal: Improve fundamental aquatic skills
Improve effectiveness and efficiency of swimming strokes (level 5 stroke performance criteria)
Improve ability to swim continuously and swimming endurance
Learn safety skills and safe behaviors in and around the water

Exit Skills: 1. Swim front crawl 50 yards, change direction and position of travel as necessary using an efficient turning style and then swim elementary backstroke for 50 yards also with an efficient turn. 2. Swim breaststroke 50 yards, change direction of travel using an efficient open turn as necessary and then swim back crawl for 25 yards using an efficient back crawl turn. 3. Submerge underwater and swim 5 body lengths underwater without hyperventilating, return to the surface and then exit the water.

Swimming for Fitness: Participant must be able to swim the following strokes (level 4 stroke performance criteria)

*Front crawl 25 yards *Breaststroke 15 yards *Back crawl 25 yards

Goal: Improve effectiveness and efficiency of swimming strokes (level 6 stroke performance criteria)

*Front crawl with flip turns 50 yards *Breaststroke with open turns 50 yards *Butterfly with open turns 50 yards (optional)

*Back crawl with either open or backstroke flip turns 50 yards