

# PARTIES, SWIM LESSONS & SWIM TEAM

## YOUTH SWIM LESSON REGISTRATION

**Youth Swim Lessons will be offered for pool members ONLY. Classes are held Tuesday through Friday in four, two week session. See the Swim Registration form for dates and times. There is a non-refundable \$25 fee for each swim lesson session. Please enclose a separate \$25 check for each child's swim lesson made payable to: Inc. Village of Garden City. Limit your selection to one class per person but put alternate classes down as well in case a class is filled. Additional classes may be requested beginning on June 13th. Come to the Pool Office for availability.**

**To be eligible for swim lessons a child MUST be six years old by September 1, 2022. Please return form and check along with your membership application. You can also pay by credit card by visiting the Recreation Office or Pool Office**

## COURSE DESCRIPTIONS

### LEVEL 1 - INTRODUCTION TO WATER SKILLS

Purpose - Help students feel comfortable in the water.

Skills - Basic water safety rules, submerging mouth nose and eyes underwater and picking up a submerged object, swimming on front and back using arm and leg actions, recognizing a swimmer in distress and getting help, floating on front and back.

### LEVEL 2 - FUNDAMENTAL AQUATIC SKILLS

Purpose - Give students success with fundamental skills.

Skills - Submerging entire head, front and back glide, treading water using arms and leg motions, bobbing in water, jellyfish float, swimming using combined stroke on front and back.

### LEVEL 3 - STROKE DEVELOPMENT

Purpose - Build on the skills in Level 2 by providing additional guided practice.

Skills - Reaching assist, submerging and retrieving an object, front and back glide, front and back crawl, rotary breathing in horizontal position, survival float, back float, butterfly kick and body motion.

### LEVEL 4 - STROKE IMPROVEMENT

Purpose - Develop confidence in the strokes learned and improve other aquatic skills.

Skills - Safe diving rules, survival float, back float, elementary back stroke, breaststroke, butterfly, throwing assist, front and back crawl.

### LEVEL 5 - STROKE REFINEMENT

Purpose - Provide further coordination and refinement of strokes.

Skills - Survival swimming, open turns on front and back, front and back crawl, performing rescue breathing, front flip turn and backstroke flip turn, elementary backstroke, butterfly, breaststroke, sidestroke.

### LEVEL 6 - SWIMMING and SKILL PROFICIENCY

Purpose - Refine strokes so students swim them with ease, efficiency, power, and smoothness over greater distances. The class focus is to prepare students to participate in more advanced courses.

### LEVEL 7 - PREPARATION FOR LIFEGUARDING AND COMPETITIVE SWIMMING

Purpose - For advanced swimmers aged 12 years old and up who might be interested in becoming lifeguards in the future. The class will focus on fitness swimming and an introduction to lifeguarding.

## SWIM TEAMS

We will again be sponsoring two swim teams for members 6 to 16 years of age. Both teams compete against other local municipal pools in Division 1 of the Nassau Municipal Swim Conference. Our coaching staff is comprised of lifeguards who have swimming and coaching experience. The teams practice during the week before the pool opens, rain or shine, with mandatory meets on Saturday mornings. There are also weekday meets available for those competitors looking to gain more experience.

Tryouts will be held June 13th to 16th from 6-8 p.m. All candidates must be members prior to the date of tryouts. Swimmers will be evaluated based upon their tryout times, stroke skills, number of participants trying out, and coaches' evaluations. It is only necessary to attend one night of tryouts. The swim teams are not to be used as swimming lessons.

The registration fee is \$140 for the first swimmer in a family, \$125 for the second swimmer, and \$100 for each additional swimmer. The fee includes the team suit, swim cap, t-shirt and end-of-season award.