

2018 Rockwood Swimming Lessons

- **Lesson times:** 11:15 -11:55 a.m. • Monday – Thursday for two weeks
 - There are three sessions scheduled this summer, please see Rockwood Calendar for specific dates
 - **Class size:** Level 1 & 2 - four to five students per instructor, Level 3 to 5 - six students per instructor
 - Swimming lessons offered to members for a fee of **\$48.00 per child per session**
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Parent Name: _____

Phone: _____ **Cell Phone:** _____

Member #: _____

Total amount paid: _____ **Check** _____ **Cash** _____

Emergency Contact: _____ **Phone #** _____

Relationship to Swimmer: _____

Swimmer's Name: _____ **Age:** _____

Circle Session: Session 1 Session 2 Session 3

Circle Level: Level 1 Level 2 Level 3 Level 4 Level 5

Special Needs or Concerns _____

Swimmer's Name: _____ **Age:** _____

Circle Session: Session 1 Session 2 Session 3

Circle Level: Level 1 Level 2 Level 3 Level 4 Level 5

Special Needs or Concerns _____

Swimmer's Name: _____ **Age:** _____

Circle Session: Session 1 Session 2 Session 3

Circle Level: Level 1 Level 2 Level 3 Level 4 Level 5

Special Needs or Concerns _____

Level 1 – Introduction to Water Skills

This class is designed to help students feel comfortable in the water and enjoy the water safely. Orients children to the aquatic environment and helps them gain basic aquatic skills. Skills learned in this level:

- Enter and exit water using ladder & steps
- Blow bubbles through mouth & nose
- Submerge mouth, nose, & eyes
- Open eyes under water and retrieve submerged objects – in shallow water
- Supported front and back glides & recover to a vertical position
- Supported back float & recover to a vertical position
- Explore tread with arm & hand actions
- Explore kicking on front & back

Level 2 – Fundamental Aquatic Skills

Required skills to enter this level:

*Enter unassisted, move 5 yards, bob 5 times to chin level and safely exit the water.

*Float on front with support for 3 seconds, roll to back and float on back for 3 seconds.

The objective of this class is to give students success with fundamental aquatic skills. Helps children gain greater independence in their skills and develop more comfort in and around water. Skills learned in this level:

- Enter & exit water safely using the side of the pool
- Submerge the entire head & blow bubbles
- Open eyes, retrieve submerged object
- Front & back float glide, unsupported
- Front jelly fish float & back float, unsupported
- Recovery from front and back float & glide
- Swim 15 feet using front & back crawl
- Explore breaststroke kick and arm movement
- Explore dolphin kick
- Practice bobs consecutively in chest deep water

Level 3 – Stroke Development

Required skills to enter this level:

*Step or jump from the side into chest deep water, front float for 5 seconds, unsupported, roll over to a back float and return to standing position.

*Push off and swim using a combination of arm and leg actions for 15 feet on front and again on back.

The focus of this class is to build on the skills learned in level 2. Skills learned in this level:

- Jump into deep water from the side
- Head-first entry from the side in a sitting or kneeling position
- Front crawl (free style) – 15 yards, using rotary breathing
- Back crawl (back stroke) – 15 yards
- Learn recovery strokes: elementary back stroke & side stroke
- Explore breast stroke
- Explore butterfly kicking and body motion
- Explore fundamentals of treading water

Level 4 – Stroke Improvement

Required skills to enter this level:

*Jump from the side into chest deep water, swim front crawl for 15 yards, with face in the water using rotary breathing.

*Maintain position by treading water or floating for 30 seconds.

*Swim back crawl 15 yards.

The objective is for students to develop confidence & endurance in the aquatic skills learned thus far. Students will the following skills at this level:

- Dive, from side in deep end of pool, in a compact or stride position
- Open turn on front and back
- Front crawl (free style) – 25 yards with rhythmic breathing
- Back crawl (back stroke) – 25 yards
- Breast stroke – 15 yards
- Butterfly – 15 yard

Level 5 – Stroke Refinement

Required skills to enter this level:

*Jump from the side into chest deep water, swim front crawl stroke (free style) 25 yards, maintain position on back for 1 minute, and then swim back 25 yards.

* Swim breaststroke 15 yards.

The focus of this class is coordination and refinement of strokes. Students will learn the following skills at this level:

- Starting dive (shallow, gaining length not depth) in the deep end of the pool
- Flip turn for free style & flip turn for back stroke
- Front crawl (free style)– 50 yards
- Butterfly – 25 yards
- Back crawl (back stroke) – 50 yards
- Breast stroke – 25 yards

2018

Rockwood Group Swimming Lesson Sessions:

Session One: June 4-14

Sign up at pool before June 2nd.

Dates: June 4, 5, 6, 7, 11, 12, 13,14

(Make-up due to weather: Friday, June 15, same time)

Session Two: June 18-28

Sign up at pool before June 16.

Dates: June 18, 19, 20, 21, 25, 26, 27, 28

(Make-up due to weather: Friday, July 29, same time)

Session Three: July 2-12

Sign up at pool before June 30.

Dates: July 2, 3, 5, 6, 9, 10, 11, 12

(Make-up due to weather: Monday, July 13, same time)

Private Swimming Lessons:

\$25 per 30 minute session

Time to be agreed upon between parent and teacher.

Teachers: To be announced