

# 2019 Rockwood Swimming Lessons

- Lesson Times: 11:15-11:55 – Monday through Thursday (most weeks see schedule on back) for two weeks
  - There will be three sessions this summer (see schedule on back)
  - Class Size: Levels 1 and 2 – up to five students per instructor, Levels 3 through 5 – up to 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 \_\_\_\_\_ Parent Phone \_\_\_\_\_

Parent Cell phone \_\_\_\_\_ Membership number \_\_\_\_\_

Total amount paid \_\_\_\_\_ Check (include check number) \_\_\_\_\_ Cash

Emergency contact \_\_\_\_\_ Emergency Phone \_\_\_\_\_

Relationship to student \_\_\_\_\_

Student 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 \_\_\_\_\_

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Student 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 \_\_\_\_\_

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Student 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 \_\_\_\_\_

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### Level 1 - Introduction to Water Skills

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

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

This class is designed to give students success opportunities with fundamental aquatic skills. To help the students gain greater independence in their skills and develop more confidence in and around water.

Skills learned at this level:

- Enter and exit the water using the side of the pool
- Submerge entire head and blow bubbles
- Open eyes underwater and retrieve submerged objects
- Front jellyfish float and back float unsupported
- Recovery from front and back float and glide
- Swim 15 feet using front and 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 unsupported for 5 seconds, roll over to a back float and return to a standing position
- Push off and swim using a combination of arm and leg actions for 15 feet on front and again on back

This class is designed to give students opportunities to build on skills learned in level 2. Skills learned at this level:

- Jump into deep water from the side and return to the side
- Head-first entry from side in a sitting or kneeling position
- Front Crawl (freestyle) – 15 yards, using side breathing
- Back Crawl (backstroke) – 15 yards
- Learn recovery strokes of elementary backstroke and sidestroke
- Explore breaststroke
- Explore butterfly kick 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 side breathing
- Maintain position by treading water or floating for 30 seconds
- Swim back crawl for 15 yards

This class is designed to give students opportunities to develop confidence in skills learned in levels 1-3 and begin competitive stroke work. Skills learned at this level:

- Dive from the deep end of the pool in a compact or stride position
- Open turn on front or back
- Front Crawl (freestyle) – 25 yards, using side breathing
- Back crawl (backstroke) – 25 yards
- Breaststroke – 15 yards
- Butterfly – 15 yards

#### Level 5 - Stroke Refinement

Required skills to enter this level:

- Jump from the side into chest deep water, swim front crawl for 25 yards, maintain position on back for 1 minutes then swim back 25 yards
- Swim breaststroke for 15 yards

This class is designed to give students opportunities to fine tune the skills from level 4 and become proficient in freestyle and backstroke. Skills learned at this level:

- Racing dive (shallow, gaining length and not depth) from deep end
- Freestyle flip turn
- Backstroke flip turn
- Front Crawl (freestyle) – 50 yards
- Back crawl (backstroke) – 50 yards
- Breaststroke – 25 yards
- Butterfly – 25 yards

# 2019 Swimming Lesson Schedule

All lessons will be held from 11:15-11:55

## **Session One**

Week 1 May 28-31 (Tues-Fri), Week 2 June 3-6 (Mon-Thurs)

Sign up at the pool office before May 27

Weather (only) make up day, Friday June 7, same time

## **Session Two**

Week 1 June 10-13 (Mon-Thurs), Week 2 June 17-20 (Mon-Thurs)

Sign up at the pool office before June 8

Weather (only) make up day, Friday June 21, same time

## **Session Three**

Week 1 June 24-28 (Mon-Fri), Week 2 July 1-3 (Mon-Wed)

Sign up at the pool office before June 22

Weather (only) make up day, Friday July 5, same time