

Seahorse Swim Lesson 2024 Registration

Mail to: WRC, P.O. Box 52, Westminster, MD 21158

Phone: 410-848-2918

Student Information:

Student's Name (Last)		(First)	
Address		City	State
Day Phone Number	Evening Phone Number Best Time to Call	Emergency Contact Name: Phone Number:	
E-mail Address		<input type="checkbox"/> Resident <input type="checkbox"/> Non-resident	
Have you ever taken swim lessons at the Westminster Riding Club before? YES NO			
Elsewhere? YES NO If answered YES, where? _____			
What level class have you completed ? (Circle) I II III IV V VI			

SUMMER '24

Seahorse Swim Lessons

Course Descriptions:

Note: It is common for children to participate in several sessions of a certain level before they can successfully demonstrate all the skills. That's Okay!

Guppies:

(Levels Pre-school – 3)

Course description:

Pre-School Aquatics:

Your child is introduced to basic skills. These skills may include pool safety, putting face in the water and blowing bubbles.

Learn-to-Swim Level 1:

Your child will continue to build on basic skills. Essentially getting in, getting wet and going under. Additional skills may include pool safety, jumping into shallow water with assistance, getting in and out of the water using the wall without assistance.

Learn-to-Swim Level 2:

This course covers the fundamental aquatic skills including breath control and arm/leg coordination while building on previously learned skills. Additional skills may include pool safety, back and front float with a kick, freestyle arm stroke introduction.

Learn-to-Swim Level 3:

Your child will be challenged to develop his/her strokes. Additional skills may include pool safety, jumping into deeper water and returning to the wall, flutter kick

Mini Seahorses:

(Levels 4-6)

Course description:

These lessons will prepare your child for swim team

Learn-to-Swim Level 4:

Your child will improve his/her strokes. They will also learn breaststroke, elementary backstroke, and butterfly.

Learn-to-Swim Level 5:

Your child will have time in the water to refine his/her strokes. Beginning with freestyle, racing starts and turns, and endurance swimming. They are learning to perfect their strokes.

Learn-to-swim Level 6:

A vigorous course that challenges both children and adults. As a fitness swimmer, you learn the principles of training and evaluate your own level of fitness.

SUMMER '24 SESSIONS

Guppies:

Monday – Friday 8:15am-9:00am
 Session 1: June 24th – July 5th (No class on July 4th)
 Session 2: July 8th – July 19th

Mini Seahorses:

Monday, Wednesday, Friday 9:15am-10:15am
 Session 1: June 24th – July 5th
 Session 2: July 8th – July 19th

Per session:
 Members: **\$120**
 Non-Members: **\$140**

Adult/Child lessons:

Monday- Thursday 5:45pm- 6:30pm
 Session 3: June 24-27
 Session 4: July 15-18 (No July 17)

For adults and a child 3 months or older. This class gives the child an opportunity to explore and learn safe techniques in and around a pool.

Per session:
\$90 Members/non-members

Course Name	Session	M/F	Participant Name First Last	Date of Birth	Fee

Total fee: _____

Please make checks payable to: **WRC**

Payment must be included with registration.

Please mail complete registration to: **WRC, P.O. Box 52, Westminster, MD 21158.**

Signature: _____ Date: _____

Parent/Guardian signature required for all participants less than 18 years of age.

QUESTIONS:

Please call Westminster Riding Club @ 410-848-2918 or email

clubinfo@wrcswimandsocialclub.com with any questions