

SHOREWOOD HILLS POOL
SWIMMING AND DIVING LESSON REGISTRATION

SESSION 1: JUNE 14 – JULY 1
****Monday through Thursday****

DUE DATE: APRIL 19th (Please return to the Village Hall)

STUDENT NAME _____ AGE _____
 (One participant per form) Additional Forms available at: www.shorewoodpool.com

PARENT NAME _____ PHONE _____

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 ➔ Please be considerate of other swimmers taking part in lesson activities. **We will only be able to accept swimmers/divers who are able to attend a minimum of 9 of the 12 lesson days in this session.** This is necessary in order to maintain a quality delivery of our lesson instruction.

➔ Please note that this is the registration form for **SESSION 1 ONLY**. Beginning June 28th, we will provide forms for the sign-up for session 2 lessons. These forms will be available at the front desk at the pool.

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Make your class selection in order of TIME preference, placing the number "1" or "2" in the box of your first and second choice.

*****Please note that participants are limited to one swim or dive class per session*****
(You will be notified by phone if you do not receive your first choice.)

	Class	Basic Water Safety & Lifeguard Readiness	Lvl 1	Lvl 2	Lvl 3	Lvl 4	Lvl 5	Lvl 6	Parent/Tot	Competitive Stroke	Introduction to Diving	Diving Development
Time												
10:00												
10:30												
11:00												
11:30												

(Available classes are shown by the non-shaded boxes)

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➔ **CLASS DESCRIPTIONS ON BACK** ←

Shorewood Hills Pool Swimming/Diving Lessons - Class Descriptions

Please try to estimate your child's swim/dive level from the description below. Instructors will adjust students accordingly during the first few days of each session. **When in doubt, please select a lower level.** It is our desire to have the option of moving swimmers and divers "up" in a lesson level, rather than having to adjust them "down".

COURSE	PREREQUISITES (in bold) and CLASS DESCRIPTIONS
P/T	Parent/Tot: Goal is to introduce child to aquatic environment in the comfort of his/her parent. Focus on comfort and confidence in/around water. Games, music, etc. Recommended minimum age – 6 months.
Level 1	Very limited water experience. Introduction to basic water skills and development of swimming readiness. Will learn to submerge mouth, nose, and eyes. Front and back float <u>while supported</u> for 3 seconds. Course is held on pool stairs/shallow end. Should be able to participate without parental involvement.
Level 2	Completed Level 1. Swim with any combination of arm and leg movements for 15 feet on front and back, improving breath control, comfort in chest depth water level, begin to place entire head under water. Front and back floats for 5 seconds.
Level 3	Completed Level 2. Strong enough to work on combining strokes on front and back and begin to swim 15 - 25 yards (width of pool). Treading in slightly deeper water, retrieval of underwater items, coordinated breathing, head-first entry from seated position. Intro to butterfly.
Level 4	Completed Level 3. Improve upon previous skills/confidence. Begin diving, underwater swimming, open swim turns, survival float, coordinated treading. Intro to breaststroke and elementary backstroke. Front and back crawl 25 yards, breaststroke and elementary backstroke 15 yards.
Level 5	Completed Level 4. Additional practice, refinement, and endurance based on level 4 skills. Learn sidestroke, flip turns, survival swimming. Front and back crawl 50 yards, breaststroke and elementary backstroke 25 yards.
Level 6	Completed level 5. Skill proficiency and endurance for all strokes. Work on swim turns for all strokes. Use of kickboard, pull buoy, pace clock, fins (optional), and paddles (optional). Goal is to attain a continuous 500 yard swim including multiple strokes.
CS	Competitive Stroke Skills: Completed Level 6. This class is intended to help competitive swimmers improve their stroke proficiency, turns, and starts.
BWS/LR	Basic Water Safety/Lifeguard Readiness: Completed Level 6. Train students who want to know how to respond in an aquatic emergency. This course will not qualify a participant to be a lifeguard. It will serve as a solid foundation for further training in lifeguarding and aquatics. Note: textbook fee may be required.
ID	Introduction to Diving: Introduction to the diving board. Basic safety and use of the board. Building block skills to prepare students for further diving board use. Will learn diving approach. Front dive/back dive.
DD	Diving development: Students who are comfortable on the board, and familiar with the approach. Will begin to learn additional dives.