

**SHOREWOOD HILLS POOL**  
**SWIMMING AND DIVING LESSON REGISTRATION**

**SESSION 2: JULY 5 – JULY 22**

**\*\*Monday through Thursday\*\***

**DUE DATE: JULY 2<sup>nd</sup>** (Please return to pool office)

STUDENT NAME \_\_\_\_\_ AGE \_\_\_\_\_  
 (One participant per form) Additional Forms available at: [www.shorewoodpool.com](http://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.



Children who are currently enrolled in lessons will be given a recommendation form from their current instructor on Thursday, July 1<sup>st</sup>. This form will recommend whether the student should remain in their current class level or move to the next level for session 2. **Please await this form before registering for the next session.**

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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.)**

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

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



**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
<b>P/T</b>	<b>Parent/Tot:</b> 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.
<b>Level 1</b>	<b>Very limited water experience.</b> 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.
<b>Level 2</b>	<b>Completed Level 1.</b> Swim with any combination of arm and leg movements for 15 feet on front <b>and</b> back, improving breath control, comfort in chest depth water level, begin to place entire head under water. Front and back floats for 5 seconds.
<b>Level 3</b>	<b>Completed Level 2.</b> Strong enough to work on combining strokes on front and back <b>and</b> 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.
<b>Level 4</b>	<b>Completed Level 3.</b> 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.
<b>Level 5</b>	<b>Completed Level 4.</b> 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.
<b>Level 6</b>	<b>Completed level 5.</b> Skill proficiency and <b>endurance</b> 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.
<b>CS</b>	<b>Competitive Stroke Skills: Completed Level 6.</b> This class is intended to help competitive swimmers improve their stroke proficiency, turns, and starts.
<b>BWS/LR</b>	<b>Basic Water Safety/Lifeguard Readiness: Completed Level 6.</b> 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. <b>Note: textbook fee may be required.</b>
<b>ID</b>	<b>Introduction to Diving:</b> 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.
<b>DD</b>	<b>Diving development:</b> Students who are comfortable on the board, and familiar with the approach. Will begin to learn additional dives.