

Minisink Valley Central School District

Summer 2008 Swimming Lesson Registration

Minisink Valley is offering an American Red Cross Learn-to-Swim program for five weeks this summer. The session will begin June 30th and continues to July 30th. Each class is 30 minutes long and meets twice a week. The participants need to be at least 4 years of age by June 30th. Registration fees are \$50 dollars for the first child, \$25 each additional child. Please take the time to read the prerequisites listed below, for each level, and register your child according to their own swimming ability. Be sure to make a first, second and third choice for each swimmer. We will register the children on a first come, first serve basis. Class size is limited. Please return the registration forms to the High School Pool as soon as possible, but no later than **JUNE 28**.

The Learn-to-Swim program offers six comprehensive course levels that teach you, your child or other family members how to swim skillfully and safely. The prerequisite for each level is the successful demonstration of the skills from the preceding level, except in Level 1, which has no prerequisite. Each level of Learn-to-Swim includes training in basic water safety and helping a swimmer in distress, in addition to the skills outlined below:

LEVEL 1 – Introduction to Water Skills - Purpose: Helps students feel comfortable in the water.

Learn-to-Swim Level 1 participants receive a *Raffy Learns to Swim* full-color booklet that reinforces learned skills and provides parents with additional information about their child's progress. Level 1 participants learn to:

Enter and exit water safely Submerge mouth, nose, and eyes Exhale underwater Use a life jacket
Float on front and back Explore arm and hand movements Explore swimming on front and back
Follow basic safety rules Open eyes underwater, submerge to pick up object

LEVEL 2 – Fundamental Aquatic Skills - Purpose: Allows student to be successful with fundamental skills.

Learn-to-Swim Level 2 participants receive a *Raffy Learns to Swim* full-color booklet that reinforces learning and provides parents additional information about their child's progress. Level 2 participants learn to:

Exit water using ladder or side Float on front and back Enter water by stepping or jumping from side
Move in water while wearing life jacket Explore swimming on side Tread water
Glide on front and back Perform rhythmic breathing Roll over from front to back, back to front
Swim on front and back using combined strokes
Open eyes underwater, submerge head to retrieve object

LEVEL 3 – Stroke Development - Purpose: Builds on the skills in Level 2 through additional guided practice.

Learn-to-Swim Level 3 participants receive a *Waddles in the Deep* full-color booklet that reinforces class instruction to help swimmers develop confidence in their strokes and improve other aquatic skills. Level 3 participants learn to:

Jump into deep water from the side Dive from a sitting or kneeling position Survival float
Submerge fully and retrieve objects Bob with head fully submerged Perform rotary breathing
Swim front crawl Swim back crawl Perform butterfly kick and body motion
Perform HELP/huddle position Perform reaching assists Use Check-Call-Care in an emergency
Change from a vertical to a horizontal position on front and back

LEVEL 4 – Stroke Improvement - Purpose: Develops confidence in the skills learned and improves other aquatic skills.

Learn-to-Swim Level 4 participants receive a *Waddles in the Deep* full-color booklet that reinforces class instruction to help swimmers develop confidence in their strokes and improve other aquatic skills. In addition to improving the front crawl and back crawl, Level 4 participants learn to:

Dive from a compact or stride position Swim underwater Perform feet-first surface dive
Coordinate butterfly Swim breaststroke Swim elementary backstroke
Swim on side using scissor kick Follow safe diving rules Perform open turns on front and back
Tread water by sculling arm motions and kick
Perform throwing assists Care for conscious choking victim
Perform compact jump into water from a height while wearing a life jacket

LEVEL 5 – Stroke Refinement - Purpose: Provides further coordination and refinement of the following strokes:

Front crawl Back crawl Breaststroke Butterfly Elementary backstroke Sidestroke

Learn-to-Swim Level 5 participants also learn to perform:

Shallow dive and beginning swimming Treading water with two different kicks Survival swimming
Tuck and pike surface dives Front flip turn/back flip turn Rescue breathing

Class Schedule

Classes will meet twice a week. Choose either Monday/Wednesday or Tuesday/Thursday.

MONDAY/WEDNESDAY class offerings are as follows:

<u>Level 1</u>	<u>Level 2</u>	<u>Level 3</u>	<u>Level 4</u>	<u>Level 5</u>
9:00			9:00	
9:30		9:30		9:30
10:00	10:00			
10:30			10:30	
11:00	11:00			
	11:30			
12:00		12:00		
12:30				

TUESDAY/THURSDAY class offerings are as follows:

<u>Level 1</u>	<u>Level 2</u>	<u>Level 3</u>	<u>Level 4</u>	<u>Level 5</u>
9:00	9:00			
9:30		9:30		9:30
10:00			10:00	
10:30	10:30			
11:00		11:00		
	11:30			
12:00			12:00	
12:30				

Please fill out the registration form below and mail it back, along with payment to:
 Donna Wolslayer, Minisink Valley High School Pool, P.O. Box 217, Route 6, Slate Hill, NY 10973

Please make all checks payable to MINISINK VALLEY CENTRAL SCHOOL DISTRICT. The fee is \$50 for the first registered swimmer, \$25 each additional swimmer. Registration forms must be returned to the High School no later than June 28th. Any questions, call 355-5879. Parents will receive confirmation in the mail.

Parent/Guardian Name _____

Address _____

Telephone number _____

<u>PARTICIPATE'S NAME</u>	<u>Age</u>	<u>Level</u>	<u>Choice1 Day/Time</u>	<u>Choice2 Day/Time</u>	<u>Choice3 Day/Time</u>

Any known medical conditions (i.e. Asthma, diabetes, seizures, allergies, etc.)
