

# **2024 SWIM LESSON REGISTRATION FORM**

Please Print Clearly - Please fill out one form for each child

Child's Name B						irthdate	
Session I	Requested:   Ses	I □ Ses II		Ses III		(Min Age – 4)	
Session	Session Dates		Sign-Up Deadline	Non-Member Cost per child	Member Cost per child	Child's Current Swim Abilities:	
I	June 17 - June 21 (weekdays	, 5-30 minute classes)	June 12	\$130	\$95	□ Puts face underwater □ Floats – front, back, both	
II	June 24 - June 28 (weekdays	, 5-30 minute classes)	June 19	\$130	\$95	☐ Treads water ☐ Other notes	
III	July 8 - July 12 (weekdays, 5	i-30 minute classes)	July 3	\$130	\$95		
	Approximate Swimming Level (see reverse of 1  □ 2  □ 3		rse for explanation of sw			□ 6	
Parent or	r Guardian's Name _						
Address							
Email _							
Daytime	Phone	Cell Phone					
Is child in	ncluded in a 2024 Me	mbership? □ No		Yes - Membe	ership Nam	e	
	ill only be processed if payment ly if space allows.	is attached. MEMBERS	S RECEIVE 1	PRIORITY IN SE	ESSION SELE	CTION. Non-members will be	
your child's	lesson. NO REFUNDS OR CATIONS, INCLEMENT WE	CREDITS WILL BE MA	ADE FOR AE	BSENCES, ILLNI	ESSES, SUSPE	start date with the specific time of NSIONS, DISMISSALS, YOND VALLEYBROOK COUNTRY	
	6 & PLAYGROUND are not op on completion of the lesson.	en for recreational use un	til 11:00 a.m.	and are for member	ruse only. Non	-members must exit the property	
Make checks payable to:  Valleybrook Count PO Box 55 Kingsville MD				)			
Signature of Parent/Guardian				Date			

### EXIT SKILL LEVELS

The skills listed below are the skills swimmers must have to exit each level. Please be sure that your child has successfully completed the previous skills prior to registering for the next sequential class.

#### Level 1: Introduction to Water Skills

Enter and exit water safely

Submerge mouth, nose and eyes for 3 seconds

Swim on front and back using arm and leg actions

Open eyes underwater, pick up submerged objects

Float on front and back

Follow basic water safety rules

Exhale underwater through mouth and nose

Explore arm and hand movements

Use a lifejacket

#### Level 2: Fundamental Aquatic Skills

Enter water by stepping or jumping from the side

Exit water safely using ladder or side

Submerge entire head

Swim on front and back using combined strokes

Open eyes underwater, pick up submerged objects

Float on front and back

Perform front and back glide

Roll over from front to back, back to front

Swim on side

Tread water using arm and leg motions

Move in the water while wearing a life jacket

#### Level 3: Stroke Development

Jump into deep water from the side

Bob with the head fully submerged

Submerge and retrieve an object

Perform front and back glide

Perform survival float

Perform front and back crawl 15 yards

Butterfly-kick and body motion 15 feet

Use rotary breathing in horizontal position

Change from horizontal to vertical position on front and back

Dive from kneeling or standing positions

Use Check-Call-Care in an emergency

Perform the HELP and Huddle position

Perform a reaching assist

Treading water 30 seconds

## Level 4: Stroke Improvement

Perform shallow dive or dive from stride position

Perform open turns on front and back using any stroke

Swim underwater

Perform the following:

Front and back crawl 25 yards

Breaststroke 15 yards

Swim on side using scissors-like kick 15 yards

Butterfly 15 yards

Elementary backstroke 15 yards

Tread water using sculling arm motions and kick one

minute

Perform feet-first surface dive

Care for conscious choking victim

Use safe diving rules

Perform a throwing assist

#### Level 5: Stroke Refinement

Tread water with two different kicks 2 minutes

Learn survival swimming

Perform rescue breathing

Shallow dive, glide two body lengths and begin any front stroke

Perform the following:

Standing dive

Tuck surface dive

Front crawl 50 yards

Butterfly 25

Elementary backstroke 25 yards

Backstroke flip turn

Pike surface dive

Breaststroke 25 yards

Back crawl 50 yards

Sidestroke 25 yards

Front flip turn

### Level 6: Personal Water Safety

Tread water 5 minutes. Tread water with only legs 2 minutes

Survival swimming 10 minutes

Back float 5 minutes

Perform rescue breathing

Self-rescue techniques while clothed

Swimming while clothed

Basic safety rules for open water

Perform the following:

Standing dive

Tuck surface dive Front crawl 100 yards

Butterfly 50 yards

Sidestroke 50 yards

Elementary backstroke 50 yards

Backstroke flip turn

Breaststroke turn

Sidestroke open turn

Pike surface dive

Breaststroke 50 yards

Back crawl 100 yards

Front flip turn

Butterfly turn