

# **2023 SWIM LESSON REGISTRATION FORM**

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

Child's Name					Bi	Birthdate	
Session Requested: $\Box$ Ses I $\Box$ Ses II $\Box$ Ses III $\Box$ Ses III							
Session	Session Dates June 19 - June 23 (weekdays, 5-30 minute classes)		Sign- Up7Dead line	Up7Dead Cost per		ember Child's Current Swim Abilities: ost per ild	
I			June 14	\$125	\$90 □ ]	<ul> <li>Puts face underwater</li> <li>Floats – front, back, both</li> </ul>	
II	June 26 - June 30 (weekda	June 26 - June 30 (weekdays, 5-30 minute classes)		\$125	\$90	□ Treads water □ Other notes	
III	July 10 - July 14 (weekdays, 5-30 minute classes)		July 5	\$125	\$90		
Approximate Swimming Level (see rever			The set for explanation of swim level $\Box 4 \qquad \Box 5$			□ 6	
Parent or Address	Guardian's Name						
Email _							
Daytime	Phone	Cell Phone					
Is child in	ncluded in a 2023 M	embership?  □ No	□ Yes - M	lembership N	ame		
This form will only if space		nt is attached. MEMBERS	S RECEIVE I	PRIORITY IN SE	SSION SELEC	CTION. Non-members will be accepted	
child's lesson	. NO REFUNDS OR CRI ATIONS, INCLEMENT W	EDITS WILL BE MADE	FOR ABSEN	CES, ILLNESSE	S, SUSPENSIC	tart date with the specific time of your DNS, DISMISSALS, YOND VALLEYBROOK COUNTRY	
The POOLS & PLAYGROUND are not open for recreational use until 11:00 a.m. and are for member use only. Non-members must exit the property promptly upon completion of the lesson.							
Make checks payable to: Valleybrook Country Club PO Box 55 Kingsville MD 21087							

## 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 vards 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