

NEW  
INSTRUCTORS

# New Lebanon Continuing Ed. Saturday Swimming Lessons

Jan 19<sup>th</sup> – March 23<sup>rd</sup>

**STRONG SWIMMERS  
CONFIDENT KIDS**



## Lessons

Taught by ARC  
Instructors

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Benefits Include:  
Fitness, Social  
Skills, Life Skills,  
Safety...

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## AND IT'S FUN!

PLEASE Send the Completed  
Registration form and payment TO:

New Lebanon Continuing Ed.  
New Lebanon Jr./Sr. High  
14665 Rt. 22  
New Lebanon, NY 12125  
Attn: Tim Christiansen

# New Lebanon Continuing Ed. Group Swim Lesson

## Registration

Child's Name: \_\_\_\_\_ Age/Level/Time: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Age/Level/Time: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Age/Level/Time: \_\_\_\_\_

Contact Information: Parent's/Guardian's Name: \_\_\_\_\_

Email- \_\_\_\_\_

Home/Cell Phone- \_\_\_\_\_ Work Phone- \_\_\_\_\_

### Select From Group Level Classifications Below:

**Level: Parent & Child class**                      **Suggested Ages: 6-36 Months**                      **Time: 10:00-10:45**

Parents are given guidance on how to develop their children's abilities and how to protect their children from harm in, on, and around the water; children are given the chance to explore a new environment and to build skills that add to their self-confidence. Both benefit from taking part in an experience that lets them learn and have fun together in the water.

**Level: 1**    **Suggested Ages: 4 - 7**    **Time: 4-5 yrs. 10:00 - 10:45**

**Prerequisites:** Put face in water, stay attentive.    **6-7 yrs. 10:00 - 10:45**

For children who are taking lessons for the first time or who need to build confidence in the water.

**Level: 2**    **Suggested Ages: 5 - 8**    **Time: 9:00 - 9:45**

**Prerequisites:** Confidence in shallow water, go underwater,    **11:00-11:45**  
float & kick without assistance.

**Level: 3**    **Suggested Ages: 6 - 11**    **Time: 11:00-11:45**

**Prerequisites:** Basic Front and Back-Crawls, float in deep water without assistance.

**Level: 4**    **Suggested Ages: 6 - 11**    **Time: 9:00-9:45**

**Prerequisites:** Crawl stroke with side-breathing & Back-Crawl for 10 yards, the Kneeling-Dive, and swim in deep water.

**Level: 5**    **Suggested Ages: 9 - 16**    **Time: 9:00-9:45**

**Prerequisites:** Crawl stroke & Backstroke 25 yards, the Sidestroke kick for 15 yards, Breaststroke for 15 yards, Elementary Backstroke for 15 yards, Butterfly for 15 yards, tread water 1 min. Provides teens with a stress-free environment among peers to create comfortable learning.

Cost per child is \$40. For families with multiple children: the first child is \$40 all additional children are \$30.

**Please send completed forms and payment by December 20<sup>th</sup> to:**

**New Lebanon Continuing Ed.**

**New Lebanon Jr./Sr. High School**

**14665 Rt. 22**

**New Lebanon, NY 12125**

**Attn: Tim Christiansen**

**Forms may be dropped off at the WBH or Jr./Sr. High School Main Office as well.**

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_