

New Lebanon Continuing Ed. Group Swim Lesson

Registration

Child's Name: _____ Age/Level: _____

Child's Name: _____ Age/Level: _____

Child's Name: _____ Age/Level: _____

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: 11:00-11:45**

Prerequisites: Put face in water, stay attentive.

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: 11:00-11:45**

Prerequisites: Confidence in shallow water, go underwater, float & kick without assistance.

Level: 3 **Suggested Ages: 6 - 11** **Time: 10:00-10:45**

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.

Participants must complete and submit their registration by **February 14th 2016**. Each session must have a minimum of four children and a maximum of ten children.

Cost per child is \$40

Families with multiple children: the first child is \$40 all additional children are \$30

Please make checks payable to: NL Continuing Ed.

Parent/Guardian Signature: _____ Date: _____

Snow Dates/Cancellations: Parents will be notified at least 30 min. prior to the lesson if there is a cancellation. In the event of a cancellation April 23rd will be added.