

New Lebanon Continuing Ed. Saturday Swimming Lessons

Jan 21st – Mar 18th

**STRONG SWIMMERS
CONFIDENT KIDS**



Lessons

**Taught by ARC
Instructors**

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

**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 (Catherine)**

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 (Lindsey)**

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

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 (Taylor)**

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

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

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

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

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 (Zack)**

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 January 13th 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: _____