

LEARN TO SWIM at FAIRLAWN SWIM & TENNIS
SUMMER 2009
SWIMMING LESSON REGISTRATION

Level 1: Little or no experience swimming.

Level 2: Child should feel comfortable in the water and be able to:

- Enter water unassisted.
- Move 5 yards.
- Float on front for 3 seconds supported.
- Float on back for 3 seconds supported.

Level 3: Child should be able to:

- Step from side to side into chest-deep water, move into front float for 5 seconds, roll over to a back float and return to standing position.
- Float on back for 5 seconds and return to a standing position.
- Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg for 15 feet on the back.

Level 4: Child should be able to:

- Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water breathing (to front or side), maintain position by treading or floating for 30 seconds, back crawl for 15 yards.

Level 5: Child should be able to:

- Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water and swim elementary backstroke for 15 yards.
- Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

Intro to Competitive Swimming and Stroke Development: Child must be able to:

- Perform a shallow dive into water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water and swim elementary backstroke for 25 yards.

***** This class will be offered from 9:15-10:00 and 10:15-11:00. Children will be split based off of ages.

Lessons are Monday through Thursday

Class times are: Level 1; 10:15-10:45 & 11:00-11:30

Level 2-5; 10:15-11:00 & 11:00-11:45

Session 1: June 8- June 25

Session 2: June 29-July 16

Children may be registered for more than one session. We will do our very best to make sure that everyone who wants lessons will get at least one session. Classes are limited to 10 students. Classes may be cancelled if not enough children are signed up. Each class will have one Red Cross certified instructor and at least one swim aide. Rain dates are built into the schedule, so lessons will not be re-scheduled if cancelled. On days where weather is a concern, please call the pool at 330-864-9060 to find out if lessons are running.

SWIM LESSON REGISTRATION

There is a fee of \$25.00 per child per session. Please complete the registration form and return it with your check by May 31, 2008. Mail your payment and completed forms to:

Jen Victor
61 Harcourt Dr.
Akron, Ohio 44313

Please make your check payable to Fairlawn Swim and Tennis. Lesson schedules will be posted in the glass cases outside the men's restrooms. Please remember, lessons are filled on a first come, first serve basis.

Child's name: _____ **Age:** _____

Parent's Name: _____

Phone number: _____ **Email:** _____

Level: _____ **Session:** _____

Child's name: _____ **Age:** _____

Parent's Name: _____

Phone number: _____ **Email:** _____

Level: _____ **Session:** _____

Child's name: _____ **Age:** _____

Parent's Name: _____

Phone number: _____ **Email:** _____

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