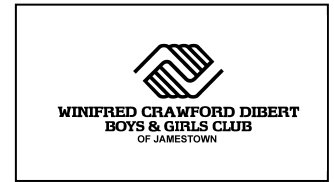


# Youth Swim Lessons for Boys & Girls Ages 5 & Older



Please use this form to sign up for our next eight-week youth swim lesson session! Classes will begin the week of **Sept. 21<sup>st</sup>-Sept. 25<sup>th</sup>** and will run through **Nov. 13**. The cost for the eight-week session will be **\$25.00** per swimmer in addition to the **\$15.00** annual membership fee. Classes will be filled on a space available basis. Payment may be made in advance or on the first day of class.

If you have any questions about which swim level your child may be in, please call the Club office or speak with the Aquatics Staff in the pool area between classes. Please fill out the form below and return it to the front desk.

Day/Date Chosen: \_\_\_\_\_ Time: \_\_\_\_\_

A minimum number of registered participants may be required for a class to be offered.



<u>Day</u>	<u>Time</u>	<u>Class</u>	<u>Level</u>
<b>Tuesday</b>	_____ 4:15-5:00	"Advanced Beginners/Intermediates"	3 & 4
	_____ 5:00-5:45	"Beginners"	1 & 2
<b>Wednesday</b>	_____ 4:15-5:00	"Beginners"	1 & 2
	_____ 5:00-5:45	"Advanced Beginners/Intermediates"	3 & 4
<b>Thursday</b>	_____ 4:15-5:00	"Beginners"	1 & 2
	_____ 5:00-5:45	"Advanced Beginners/Intermediates"	3 & 4
<b>Friday</b>	xxxxx 4:15-5:00	School Group-Slot Reserved	
	_____ 5:00-5:45	"Beginners"	1 & 2
<b>Saturday</b>	_____ 9:15-10:00	"Beginners"	1 & 2
	_____ 10:00-10:45	"Beginners"	1 & 2
	_____ 10:45-11:30	"Advanced Beginners/Intermediates"	3 & 4
	_____ 11:30-12:15	"Advanced Swimmers"	5

**PLEASE!** Make an effort to arrive a few minutes early to give your swimmer time to change and get into the pool area in time for the scheduled start of the class. **All** swimmers must change in the gender appropriate locker room. We also ask that parents use the hallway to the locker room and not walk across the pool deck in street shoes.

----- **Thank you very much for your cooperation!**

Child's Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_ New: \_\_\_\_\_ Returning: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Phone: (Day) \_\_\_\_\_ (Eve) \_\_\_\_\_

Address: \_\_\_\_\_  
Street City State Zip

E-Mail: (Optional) \_\_\_\_\_ B&G Club Membership Expiration Date: \_\_\_\_\_

Does your child have any medical conditions that you would like the Aquatics Staff to be aware of? \_\_\_\_\_

Please explain: \_\_\_\_\_



**Winifred Crawford Dibert Boys & Girls Club of Jamestown**  
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# American Red Cross Swim Instruction Levels – General Guidelines

*For more information please see the Aquatics Staff in the pool area.*

## Learn-to-Swim Level I: Introduction to Water Skills

The objectives of Level I are to learn basic personal water safety information and skills, to help participants feel comfortable in the water and to enjoy the water safely. In Level I, you teach elementary aquatic skills. At this level, participants start developing positive attitudes, good swimming habits and safe practices in and around the water.

## Learn-to-Swim Level II: Fundamental Aquatic Skills

The objective of Level II is to give participants success with fundamental skills. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Participants further develop simultaneous and alternating arm and leg actions on the front and back that lay the foundation for future strokes. As in all levels, you present additional safety skills and improve comprehension of previous knowledge.

## Learn-to-Swim Level III: Stroke Development

The objective of Level III is to build on previously learned skills by providing additional guided practice. You teach participants to survival float, swim the front crawl and elementary backstroke. You introduce the scissors and dolphin kicks and build on the fundamental of treading water. Participants should also learn rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside (if the water is 9 feet deep or deeper). As in all levels, you present additional safety skills and messages.

## Learn-to-Swim Level IV: Stroke Improvement

The objectives of Level IV are to develop participants' confidence in the strokes learned thus far and to improve other aquatic skills. In Level IV participants improve their skills and increase their endurance by swimming familiar strokes (front crawl, elementary backstroke) for greater distances. Participants add the arms to the scissors kick for the sidestroke. Participants also start to learn the back crawl, breaststroke and butterfly and the basics of turning at a wall.

## Learn-to-Swim Level V: Stroke Refinement

The objectives of Level V are coordination and refinement of strokes. Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced.

## Learn-to-Swim Level VI: Swimming & Skill Proficiency

The objectives of Level VI are to refine strokes so participants swim them with more ease, efficiency, power and smoothness and over greater distances. Level VI also introduces other aquatic activities and offers three options-Personal Water Safety, Fundamental of Diving and Fitness Swimmer. These options focus on preparing participants for more advanced courses, such as the Water Safety Instructor course, or other aquatic activities, such as competitive swimming or diving.