

Swim Lesson Sign-Ups

BROOKSIDE SWIM LESSONS

Brookside offers a unique swim lesson program focused on pool safety and familiarizing our youth in an aquatic environment. Each Class will reflect American Red Cross appropriate skill level. In addition, new this year, we will be offering stroke and turn proficiency for the level 6 swimmers who already participate on swim team but want to develop maximum efficiency.

Level 1- Water Exploration

Level 2: Primary Skills

Level 3: Stroke Readiness

Level 4: Stroke Development

Level 5: Stroke Refinement

Level 6: Skill Proficiency (Stroke/Start/Turns)

~ \$30 per child / per two week session ~

DAY TIME LESSONS

Odd Levels: 11:15 to 11:45

Even Levels 11:45 to 12:15

Session #1: June 23 – 27 and June 30 – July 3

Session #2: July 7 – 11 and July 14 – July 18

Session #3: July 21 – July 25 and July 28 – Aug 1

EVENING LESSONS

Odd Levels: 5:30-6:00 pm

Even Levels: 6:00-6:30 pm

Session #4: Aug 4 – Aug 7 and Aug 11 – Aug 14

Please fill out this form and mail to Brookside or return it to the office with the fee prior to your child's first swimming lesson. Alternatively, you can sign up online at www.brooksidesswimandtennis.com

Lessons ONLY open to Brookside Members and One form per child.

Any questions: ask Ginna Lewing.

Child's Name: _____

Parent's Name: _____

Child's Age: _____ Child's Swim Level: _____

Phone number: _____ Email address: _____

Amount Paid _____

Please circle one: *Session 1* *Session 2* *Session 3* *Session 4*

Description of Class Levels

Level I: WATER EXPLORATION

Orientation to aquatic environment; create a sound foundation for aquatic and safety skills

Level II: PRIMARY SKILLS

Expand on fundamental aquatic locomotion and safety skills

Level III: STROKE READINESS

Increase swimming skill competency; practice safety and non-swimming rescue skills

Level IV: STROKE DEVELOPMENT

Develop confidence and competency in strokes and safety skills beyond preceding levels;
introduce breaststroke and side stroke

Level V: STROKE REFINEMENT

Continue stroke refinement; introduce butterfly, surface dives and springboard diving

Level VI: STROKE PROFICIENCY –

Develop maximum efficiency and endurance for strokes; introduce flip turn
(Designed for swimmers who are want to improve strokes and turns)