

**HEART OF THE HILLS SWIM CLUB, INC.  
2008 SWIM LESSON REGISTRATION**

There will be 3 sessions offered this summer at no cost. Each session runs for 2 weeks with lessons being held Monday through Friday.

Each child is guaranteed enrollment in at least 1 session (but only 1 time period). Classes may be added and/or cancelled depending on enrollment. As room allows, we will fill additional session requests according to your alternate session selection. No more than 8 children will be placed into classes for maximum safety and one-on-one contact with instructors!

***Due to the demand for swim lessons and the scheduling challenges caused by "no-shows", HHSC is implementing a \$25 fee that will be charged for any child who misses 4 or more lessons during a 2-week session.***

Classes (see page 2 for descriptions) will be offered on a first-come, first-served basis.

Registration Deadlines are:

Session 1 - Friday, June 6th

Session 2 - Friday, June 20th and

Session 3 - Friday, July 4th.

Rachel Rolph is the Swim Lessons coordinator.

**DATES AND TIMES**

<i>Session</i>	<i>Dates</i>	<i>Class Times</i>			
Session 1	June 16 to June 27	11:00 – 11:30	or	11:30 – 12:00	
Session 2	June 30 to July 11	11:00 – 11:30	or	11:30 – 12:00	
Session 3	July 14 to July 25	11:00 – 11:30	or	11:30 – 12:00	

Register for lessons by mailing the form below to PO Box 80083, Rochester, MI 48308.

Member Number: \_\_\_\_\_ Family Name: \_\_\_\_\_

Child's Name	Age	Level	First Choice		Second Choice	
			Session	Time	Session	Time

## SWIM LESSONS CLASS DESCRIPTIONS

Children must be at least 4 years old for all but the parent/toddler class.

<b>Level</b>	<b>Purpose</b>	<b>Course Content Includes:</b>
Level T Parent/Toddler	Introduction to swimming Offered during Sessions 2 and 3	For toddlers age 3 and under Parents must remain in the water with the child
Level I Water Exploration (Water Adjustment Skills)	Orientation to aquatic environment Create a sound foundation for aquatic safety skills	Supported floating & kicking front & back Alternating arm action Water safety rules How to get help in an emergency Reaching assists without equipment Fundamentals of using a life jacket
Level II Primary Skills (Floats, kicks, alternating arm actions)	Expand on fundamental aquatic locomotion and safety skills	Floating and kicking on front & back Rhythmic breathing Combined stroke on front & back Turning over front to back, back to front Reaching and extension assists Familiarity with rescue breathing
Level III Stroke Readiness (Arm stroke coordination, front & back crawl, elementary back)	Increase swimming skill competency Practice safety and rescue skills	Fundamentals of elementary backstroke Jumping into deep water with a life jacket Diving from side of pool Treading water Self-rescue skills Rescue breathing
Level IV Stroke Development (Refinement of all strokes learned)	Develop confidence and competency in strokes and safety skills beyond preceding levels Intro to breaststroke & sidestroke	Deep water bobbing Dives from side of pool from stride & standing positions Breaststroke and sidestroke Turns at wall Familiarity with CPR
Level V Stroke Refinement (Refinement of all strokes learned)	Continue refinement of front crawl, back crawl, elementary back stroke, breaststroke and sidestroke Introduce butterfly, surface dives and springboard diving	Alternate breathing Swimming underwater Butterfly Open turns on front and back Diving safety Beginning diving progression from diving board
Level VI Skill Proficiency (Increase endurance, introduction to butterfly)	Develop maximum efficiency and endurance for strokes Introduce surface dives Introduce flip turns	Approach and hurdle on diving board Tuck and pike surface dives Alternate kicks for treading water Throwing rescues Turning spinal injury victim face up Approach stroke
Level VII Advanced Skills (Increase endurance, conditioning skills)	Encourage lifetime fitness Refine strokes learned previously Develop springboard diving skills Teach advanced rescue skills	Incorporating learn-to-swim skills and activities into lifetime fitness Springboard dive in tuck and pike positions In-water rescue techniques utilizing equipment Conditioning principles skills Review basic water safety rescue Assist with a backboard

