

## Oradell Swim Club Swim Lessons- 2011

**Level 1 - Introduction To Water Skills** - underwater skills, floating on front/back, tread water, swim short distance on front and back. **Minimum age 4 years old.**

**Level 2 - Fundamental Aquatic Skills** - review level 1, improve crawl stroke, rhythmic breathing, learn sidestroke, deep water skills, 15 ft. swimming front/back.

**Level 3 - Stroke Development** - review level 2, jump/dive in deep end, front/back crawl, butterfly, survival float, endurance swimming

**Level 4 - Stroke Improvement** - review level 3, underwater swimming, 25 yd crawl, 15 yd back stroke, butterfly, breaststroke, elementary backstroke, diving

**Level 5 - Stroke Refinement** - review of level 4, front/back crawl 50 yds., 25 yds. of butterfly, breaststroke, sidestroke, elementary backstroke, diving, 2 minutes treading

**Level 6 - Fitness Swimmer** - review of level 5, 100 yds. front/back crawl, 50 yds. butterfly, elementary backstroke, breaststroke, sidestroke, stroke turns, diving.

There will be two sessions of swim lessons given this summer. The cost will be **\$25 per child per session**. The lessons will be on **Tuesday, Wednesday and Thursday**. The first session will start on **June 28<sup>th</sup> and continue until July 14<sup>th</sup>**. The second session will begin **July 19<sup>th</sup> and continue through August 4<sup>th</sup>**.

**Fill out the Swim Lesson registration form on the reverse side and make your check payable to the Oradell Swim Club.** Return the form with your check by June 13<sup>th</sup>. This form can be returned by mail or directly to the Front Office.

If you are not sure what lesson your child belongs in, see Diane Baranello. She will give your child a water test to determine proper placement.

### Tentative Times

**Level 5 and Level 6: 10am - 10:30am**

**Level 3 and Level 4: 10:30am - 11am**

**Level 1 and Level 2: 11am - 11:30am and/or 11:30am - 12:00**

**The Swim Lesson Fee is non-refundable and can not be combined with payment of your annual dues.**

**There will be NO FEE for the WATER AEROBIC CLASS, which will begin on Monday, June 27<sup>th</sup>. This class will be given Monday through Friday from 2-2:30 p.m. in the Back Pool.**