

2024 Four Corners Swim Lesson Registration Form

Swimming Days
6/10-6/27 (Monday-Thursday)
7/8-7/19 (Monday-Friday)

(Please return to the Village Hall)

STUDENT NAME _____ AGE _____

(One participant per form. Additional forms available at: www.shorewoodpool.com)

4-CORNERS SESSIONS STUDENT IS PARTICIPATING IN: 1st 2nd

PARENT NAME _____ PHONE _____

PARENT EMAIL _____ ALT. PHONE _____

STUDENTS CLASS LEVEL (SEE LEVEL DESCRIPTIONS BELOW)

LEVEL 1 LEVEL 2 LEVEL 3 LEVEL 4

CLASS DESCRIPTIONS

Please try to estimate your child's swim/dive level from the description below.

Instructors will adjust students accordingly during the first few days of each session.

When in doubt, please select a lower level. It is our desire to have the option of moving participants "up" in a lesson level, rather than having to adjust them "down".

COURSE	PREREQUISITES (bold) and CLASS DESCRIPTIONS
Level 1	Very limited water experience. Should be able to participate without parental involvement. Introduction to basic water skills and development of swimming readiness. Will learn to submerge mouth, nose, and eyes. Front and back float <u>while supported</u> for 3 seconds. Course is held on pool stairs/shallow end.
Level 2	Completed Level 1. Swim with any combination of arm and leg movements for 15 feet on front and back, improving breath control, comfort in chest depth water level, begin to place entire head under water. Front and back floats for 5 seconds.
Level 3	Completed Level 2. Strong enough to work on combining strokes on front and back and begin to swim 15 - 25 yards (width of pool). Treading in slightly deeper water, retrieval of underwater items, coordinated breathing, head-first entry from seated position. Intro to butterfly.
Level 4	Completed Level 3. Improve upon previous skills/confidence. Begin diving, underwater swimming, open swim turns, survival float, coordinated treading. Intro to breaststroke and elementary backstroke. Front and back crawl 25 yards, breaststroke and elementary backstroke 15 yards.