

SWIMMING LESSON INFORMATION AND REGISTRATION FORM

All registrations must be accompanied by payment. Once the maximums per class are reached, no further registrations will be accepted. Lesson class max is 6, except for the Primary Skills class where the limit is 5 and the Competitive Swimming Technique "Camp" for which the max is 24.

Costs: \$50 (\$70 non-members) per session (1 week)

Session I June 27-July 1; Session II July 4-8; Session III July 11-15; Session IV July 18-22

\$110 (\$125 non-members) Competitive Swimming Technique Clinic: June 27 – July 22

10:00-10:25 am – Stroke Refinement (SR) (RED CROSS V-VII): This class emphasizes improvements in existing strokes and an introduction to other strokes. Swimmers should already be able to swim a length using rotary breathing on front crawl, a rhythmic backstroke, and some breaststroke skills.

10:00-10:25 - Stroke Development (SD) (RED CROSS IV): This class emphasizes continued refinement of existing strokes with an emphasis on improved breathing techniques in front crawl, more refined backstroke rhythm, breaststroke skills and improved diving skills.

10:30-10:55 - Stroke Building (SB) (RED CROSS III/IV): The skills covered in this class include coordinated front crawl and rhythmic breathing, backstroke, elementary backstroke, beginning diving, treading water and various safety skills.

10:30-10:55 - Secondary Skills (SS) (RED CROSS II/III): This class is designed for children leaving the bubble stage and learning to explore the water on their own. Skills include prone and supine floating, kicking, submersion, blowing bubbles and bobbing, opening eyes underwater and jumping in with and without help.

11:00-11:25 - Primary Skills (PS) (RED CROSS I/II): This class is designed for children leaving the bubble stage and learning to explore the water on their own who are not very independent and confident yet. Skills include prone and supine floating, kicking, submersion, blowing bubbles and bobbing, opening eyes underwater and jumping in with and without help.

9:00-9:45 Competitive Swimming Technique Clinic (CSTC)

This class will go on for 4 weeks (June 27 - July 22). The emphasis will be on continued stroke refinement and the development of competitive swimming skills including starts, flip turns, relay skills and improved conditioning. Swimmers will be doing some light "training" depending on the skill level of the group.

REGISTRATION FORM

<u>NAME</u>	<u>CLASS</u>	<u>SESSION</u>
	<u>CIRCLE CLASS</u>	<u>CIRCLE SESSIONS</u>
_____	SR SD SB SS PS CSTC	I II III IV CSTC
_____	SR SD SB SS PS CSTC	I II III IV CSTC
_____	SR SD SB SS PS CSTC	I II III IV CSTC
_____	SR SD SB SS PS CSTC	I II III IV CSTC
_____	SR SD SB SS PS CSTC	I II III IV CSTC

Checks payable to Northampton Swim Club. Mail to NSC, 297 Haydenville Rd, Leeds, MA 01053