

## 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. Costs: \$65 (\$80 non-members) per session (1 week)

Session I June 23-June 27; Session II June 30- July 4; Session III July 7-11; Session IV July 14-18

10:00-10:25 - 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 111/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 11/111): 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 1/11): 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.

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|             | REGISTRATION FORM |    |    |       |                |
|-------------|-------------------|----|----|-------|----------------|
| <u>NAME</u> | CLASS             |    |    |       | SESSION        |
|             | CIRCLE CLASS      |    |    |       | CIRCLE SESSION |
| _____       | PS                | SS | SB | SD SR | I II III IV    |
| _____       | PS                | SS | SB | SD SR | I II III IV    |
| _____       | PS                | SS | SB | SD SR | I II III IV    |
| _____       | PS                | SS | SB | SD SR | I II III IV    |

\$65 per session for members; \$80 per session for non-members

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

Email: \_\_\_\_\_

Address: \_\_\_\_\_

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