

# 2019 CRESTWOOD SWIM LESSONS

Six sessions which run for 1 week each, Monday through Thursday mornings and evenings. Fridays will serve as a makeup day if necessary.

**Registration closes the Wednesday before the session begins.** Payment must be submitted at registration to confirm your child's space in a particular lesson. ***Checks should be made payable to: Crestwood PAC***

**Sessions:** 1: June 17 - June 21  
2: June 24 - June 28  
3: July 8 - July 12  
4: July 15 - July 19  
5: July 22 - July 26  
6: July 29 - August 2

**Times:** Mornings: 10:30 - 11:00 am or 11:05 – 11:35am  
Evenings: 6:00 – 6:30 pm

**Fees:** \$25 per child, per session (with active membership for child)  
\$30 per child, per session (without active membership for child)

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**Level 1 - Intro to Water Skills:** Participants learn basic aquatic skills like putting face in water, blowing bubbles, safely entering and exiting the pool, supported floating on both front and back, and pool safety. The goal is for participants to feel comfortable in the water and enjoy it safely.

**Level 2 - Fundamental Aquatic Skills:** Participants begin independent swimming on both front **and** back, submerging underwater, learning how to float without support and tread water for short periods of time.

**Level 3 - Advanced Aquatic Skills:** Participants will develop both their front and back crawl skills, learn elementary backstroke and sidestroke swimming and treading water for longer periods of time.

**Level 4 - Stroke Development:** Participants will learn the four competitive strokes in swimming through drills focussed on proper stroke technique and body position in the water.

**Please Note:**

1. Classes will be filled on a first come, first serve basis.
2. Additional classes of a specific level may be offered if there is enough interest, so even if a class is closed, place your name on the wait list.
3. No refunds will be given for missed sessions.
4. We reserve the right to cancel a class if there is not enough participation.
5. Questions should be emailed to Jill Lynch at [srj09@aol.com](mailto:srj09@aol.com).
6. Sign up for Lessons in the Pool Office.
7. If lessons must be cancelled, you will be notified on the Crestwood Swim & Dive Facebook page and/or through RAINED OUT by texting CrestwoodPAC to 84483 (regular text messaging rates will apply).

\*\*\*\*\***FOR OFFICE USE ONLY**\*\*\*\*\*

Session:

Time:

Date Paid:

Accepted By: