



SWIM LESSONS

LEVEL 1 MONDAY, WEDNESDAY, FRIDAY 11:30-12:00	LEVEL 2 MONDAY, WEDNESDAY, FRIDAY 11:30-12:00	LEVEL 3 TUESDAY, THURSDAY 11:15-12:00	LEVEL 4 TUESDAY, THURSDAY 11:15-12:00
HOLD BREATH 3 SECONDS SUBMERGE HEAD BLOW BUBBLES ASSISTED FRONT FLOAT ASSISTED BACK FLOAT SUPPORTED FRONT KICK SUPPORTED BACK KICK GET OUT AT SIDE TURN OVER *IN THE EVENT OF AN OVERSIZED CLASS, AN 11:00-11:30 CLASS WILL OPEN* YOUR TIME SLOT WILL BE BASED OFF A FIRST-COME FIRST-SERVED BASIS	RETRIEVE OBJECTS JUMP DEEP WATER FLUTTER KICK FRONT FLUTTER KICK BACK FRONT GLIDE 10 FT BACK GLIDE 10 FT FRONT CRAWL 10 YDS BACK CRAWL 10 YDS DIVE-KNEELING *IN THE EVENT OF AN OVERSIZED CLASS, AN 11:00-11:30 CLASS WILL OPEN* YOUR TIME SLOT WILL BE BASED OFF A FIRST-COME FIRST-SERVED BASIS	BACKSTROKE 10 YDS FREESTYLE 10 YDS ROTARY BREATHING FRONT CRAWL W/ BREATHING TURNS AT WALL DIVE- STANDING	FRONT CRAWL 100 YDS BACK CRAWL 100 YDS BREASTROKE BASICS BUTTERFLY BASICS FRONT CRAWL FLIP TURN TREAD WATER PREPARATION FOR SWIM TEAM

Parents should review the skills taught and assess their children in the water in order to determine each swimmer's appropriate level.

Please Note: Swim instructors may recommend that swimmers move up or down a level depending on their ability to perform the skills during lessons.

CONSISTENT ATTENDANCE AT LESSONS IS IMPORTANT FOR BUILDING SWIMMING SKILLS.

PARENT'S NAME _____ CELL: _____

CHILD'S NAME	AGE	LEVEL	FEE
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

PLEASE SUBMIT **CHECKS ONLY**, PAYABLE TO **POLAND SWIM CLUB** TOTAL: _____

[THE FEE IS \$10 PER CHILD FOR EACH 3 WEEK SESSION]