

LATSHMERE SWIM CLUB

Youth Swim Lessons SUMMER 2018



IMPORTANT INFORMATION

1. Sessions consist of eight lessons.
2. Low student/instructor ratios will be maintained, thus enrollment is limited.
3. Classes will be held on Tuesday and Thursday evenings. Morning sessions are available if needed. Lessons will tentatively start on Tuesday, June 12, 2018.
3. Registrations will only be accepted with FULL PAYMENT in advance (cash or check). The cost for each session is \$60.00.
4. To register, complete and detach the registration form, and return it with full payment to the Aquatics Center or mail to Volta Commercial Investments.
5. If you wish to confirm your registration, please email Terri Landis at tblandis@yahoo.com
6. Classes will only be rescheduled due to inclement weather or facility schedule changes.

Swim Levels

Level 1

For children with no previous experience in the water. Water safety, water adjustment and basic skills are emphasized.

Level 2

Children must have passed level 1, or wearing a floatation cube, jump into deep water and swim 25 yards—half-length beginner crawl (face in water is optional) and half-length beginner back. Also, jump into shallow water without a cube, swim 15 yards demonstrating beginner crawl and beginner back.

Level 3

Children must have passed level 2, or wearing a cube, jump into deep water without assistance, swim 25 yards beginner crawl, blowing bubbles occasionally. Also, wearing a cube, jump into deep water, swim 25 yards beginner back or back crawl. Also, without a cube, jump into deep water, swim half-length beginner crawl, blowing bubbles occasionally, roll to back and finish the length using beginner back or back crawl.

Level 4

Children must have passed level 3 or demonstrate 25 yards each of front crawl, back crawl and elementary backstroke. Also, demonstrate a propulsive breaststroke kick and butterfly kick for 25 yards.

Level 5

Children must have passed level 4 or swim continuously for 300 yards demonstrating front crawl, back crawl, elementary backstroke, breaststroke and sidestroke. Demonstrate 25 yards of butterfly and the ability to tread and float for two minutes. Demonstrate a surface dive and retrieve a ring from the deep end.

Level 6

Children must have passed level 5 or demonstrate 50 yards of each stroke with proper technique—front crawl, back crawl, elementary backstroke, breaststroke, sidestroke and butterfly. Also, swim 500 yards continuously demonstrating 100 yards of front crawl, back crawl, elementary backstroke, breaststroke and sidestroke. Demonstrate survival float on the front and back for five minutes each. Also, perform a foot first surface dive, retrieve a weighted object from bottom and return to the surface and starting point.

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YOUTH SWIM LESSONS REGISTRATION FORM

Participant's Name _____ Male ___
Female _____

Age _____ Date of Birth _____

Parent's Name _____

Home Address _____

City _____ State _____ Zip _____
Code _____

Home _____

Phone _____

Alternate _____

Phone _____

E-mail _____

Address _____

CHOOSE ONE:

- Swim Instructor will contact you to schedule lesson.

IMPORTANT INFORMATION (Medical or other) _____

Checks made payable to Volta Commercial Investments

Mail Registration to
3552 Gettysburg Rd., Camp Hill PA 17101
For Additional Information Contact
Terri Landis
tblandis@yahoo.com
717-858-3420

