

# LATSHMERE SWIM CLUB

Aquatic Club of the West Shore

Youth Swim Lessons

SUMMER 2017



## IMPORTANT INFORMATION

1. Sessions consist of eight lessons.
2. Low student/instructor ratios will be maintained, thus enrollment is limited.
3. Registrations will only be accepted with FULL PAYMENT in advance (cash or check).
4. To register, complete and detach the registration form, and return it with full payment to the Aquatics Center.
5. If you wish to confirm your registration, please email Terri Landis at [LatshmereSwimClub@yahoo.com](mailto:LatshmereSwimClub@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.

## LATSHMERE SWIM CLUB

### 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 ACWS  
For Additional Information Contact  
Terri Landis  
[LatshmereSwimClub@yahoo.com](mailto:LatshmereSwimClub@yahoo.com)  
717-645-8664



