

# SWIM LESSON REGISTRATION FORM 2024

Lisa Clark, American Red Cross WSI 228-305-0312, Diamondhead

Private and Group Lessons Available

GROUP SESSION DATES	LEVEL TIMES OFFERED FOR EACH SESSION
SESSION I May 27 - June 7	Level 1 - 8:00 - 8:45
SESSION II June 10 - June 21	Level 2 - 8:45 - 9:30
SESSION III June 24 - July 5	Level 3 - 9:30 - 10:15
SESSION IV July 8 - July 19	Level 4 - 10:15 - 11:00

The above classes are **Mon., Wed. and Fri.** Fee per 2 week session - \$120.00

**Parent and Child Aquatics - 9:00-9:45**

**Preschool Aquatics**

Level 1 - 10:00-10:45

Level 2 - 11:00-11:45

Level 3 - 12:00-12:45

The above classes are **Tuesday and Thursday.**

Fee per 2 week session - \$90.00

Tuesday, Wednesday, Thursday and Friday classes are at Holiday Village pool.

Due to pool maintenance, Monday class is at North Rec pool.

Parent Name \_\_\_\_\_ Email Address \_\_\_\_\_

Phone# \_\_\_\_\_ Work# \_\_\_\_\_

Participant Name	Session	Age	Level	Fee
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

**TOTAL FEE IS REQUIRED WITH REGISTRATION. TOTAL \$ \_\_\_\_\_**

NO REFUNDS WITHOUT ONE WEEK PRIOR NOTICE. Checks payable to Lisa Clark. Return the registration form with cash or check to the Recreation Office at East Rec. or mail to Lisa Clark, 964 Kini Place, Diamondhead, MS, 39525.

I, the parent/legal guardian of the above named youth(s), give approval for participation in the above requested sessions. I assume all risks of injury whatsoever and agree to hold harmless Lisa Clark, Diamondhead Country Club and POA or any representatives from claim(s) of any nature arising from any activity, including transportation connected with Diamondhead Country Club and POA associates or programs. I consent to Lisa Clark and Diamondhead Country Club & POA communicating information regarding my child's participation via the internet.

SIGN \_\_\_\_\_

Also, families and the children of those families that are not in lessons or not Diamondhead POA Members are not allowed on the pool deck or allowed to swim. Siblings of kids in lessons are only allowed in if they are POA Members and will be required to check in with POA staff – all others can wait at the playgrounds of each pool.

**PARENT AND CHILD AQUATICS-** Builds basic water safety skills for both parents and children, helping infants and young children ages 6 months to about 3 years become comfortable in the water so they are willing and ready to learn to swim. Basic skills include adjusting to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breath control, blowing bubbles or voluntarily submerging under water

**PRESCHOOL AQUATICS-** Gives young children about ages 4 and 5 a positive, developmentally appropriate aquatic learning experience that emphasizes water safety, survival and foundational swimming concepts.

**LEVEL 1-** Enter and exit water • Blowing bubbles through mouth and nose • Submerging • Open eyes under water and retrieve objects • Front and back glide • Back float and recover to a vertical position • Roll from front to back and back to front • Treading with arm and hand actions • Alternating and simultaneous leg actions on front and back • Alternating and simultaneous arm actions on front and back • Combined arm and leg actions on front and back

**LEVEL 2-** Builds on the skills learned in Level 1 and gives participants success with fundamental skills, such as floating and basic locomotion.

**LEVEL 3-** Builds on the skills in Level 2 and improves participants' coordination of simultaneous arm and leg actions and alternating arm and leg actions.

**LEARN TO SWIM-** Ages 6 and up progression that helps develop water safety, swimming and survival skills.

**LEVEL 1: INTRODUCTION TO WATER SKILLS-** Helps participants feel comfortable in the water. • Enter and exit water • Blow bubbles through mouth and nose • Bobbing • Open eyes underwater and retrieve submerged objects • Front and back glides and back float • Recover to vertical position from a front glide and back float or glide • Roll from front to back and back to front • Tread water using arm and hand actions • Alternating and simultaneous leg actions on front and back • Alternating and simultaneous arm actions on front and back • Combined arm and leg actions on front and back

**LEVEL 2: FUNDAMENTAL AQUATIC SKILLS-** Gives participants success with fundamental skills. • Enter water by stepping or jumping from the side • Exit water • Fully submerge and hold breath • Bobbing • Open eyes underwater and retrieve submerged objects • Front, jellyfish and tuck floats • Front and back glides and back float • Recover from a front and back float or glide to a vertical position • Roll from front to back and back to front • Change direction of travel while swimming on front or back • Tread water using arm and leg actions • Combined arm and leg actions on front and back

**LEVEL 3: STROKE DEVELOPMENT-** Builds on the skills in Level 2 through additional guided practice in deeper waters. • Enter water by jumping from the side • Headfirst entry from the side in sitting and kneeling positions • Bobbing while moving toward safety • Rotary breathing • Survival float • Back float • Change from vertical to horizontal position on front and back • Tread water • Push off in a streamlined position then begin flutter and dolphin kicks on front • Front crawl and elementary backstroke

**LEVEL 4: STROKE IMPROVEMENT-** Develops confidence in the skills learned and improves other aquatic skills. • Headfirst entry from the side in compact and stride positions • Swim under water • Feet first surface dive • Survival swimming • Front crawl and backstroke open turns • Tread water using 2 different kicks • Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly • Flutter and dolphin kicks in streamlined position