



2019 Summer Swim Lessons

Lesson Times: 10:00a, 10:30a, 11:00a

Red Cross-Structured Classes Offered (see next page):

- Session 1: June 3rd – 14th
- Session 2: June 17th – 28th
- Session 3: July 8th – 19th
- Session 4: July 22nd – Aug 2nd

- ◆ Pro I (Ages 3-5 Beginner)
- ◆ Pro II (Ages 3-5 Intermediate)
- ◆ Level 1/2 (Beginner Age 5+)
- ◆ Level 3/4 (Intermediate Age 5+)
- ◆ Level 5/6 (Advanced Age 5+)

Notes:

- Cost is \$45 per session for members and \$65 per session for nonmembers.
- Ages 3-12. All children 11 & under must have an adult age 18 or older on-site during the entire lesson.
- Sessions run for 2-weeks (8 total 25-minute lessons), Mondays, Tuesdays, Thursdays, and Fridays.
- On the first day of each session, the coaching staff will ensure that all participants are placed in the correct group for their age and/or skill level.

To sign up:

- Fill out this form and bring to the Foothills Pool prior to the Session date with full payment. Payment can also be made online at: <http://www.mountainshadowmanagement.com/foothillsswimlessons>
- Once you have paid for a session your spot is reserved.
- Complete the information below for EACH participant.

Swimmer's Name: _____ Age: _____

Parent/Guardian: _____ Member: Yes No

Address: _____

Phone: _____ Email: _____

Session (circle session(s)): Session 1 Session 2 Session 3 Session 4

Level Requested: _____ Lesson Time: _____

Has the swimmer had any prior formal swim lessons? (If yes, please note when, where, and what level.)

By registering my child(ren), I agree to participate (or allow my child(ren) and family members to participate) in the **MSMgt** swim lesson program, and hereby release **Mountain Shadow Management, LLC (MSMgt) and Foothills Swim & Racquet Club**, its directors, officers, agents, coaches, and employees from liability for any injury that might occur to myself (or to my child(ren) and family members) while participating in the **swim lesson** program, including travel to and from swim lessons or other scheduled lesson activities.

I agree to indemnify and hold harmless the above mentioned organizations and/or individuals, their agents and/or employees, against any and all liability for personal injury, including injuries resulting in death to me, my child(ren) and/or other family members, or damage to my property, the property to my child(ren) and/or other family members, or both, while I (or my child(ren) or family members) am/are participating in the **MSMgt** lesson program.

Signature of parent/guardian

Date

Learn-to-Swim Level Information

Pro I: For preschool-age children (3-5yrs), no skill prerequisites. Students will learn water adjustment and comfort in a fun environment. Games and group activities will focus on water safety, water comfort and basic locomotion with support. Skills focus: blowing bubbles, submerging face, kicking, arm strokes in place, floats and movement through the water with support.

Pro II: For preschool-age children (3-5yrs), with successful completion of Pro I level or ability to demonstrate Pro I skills. Students will build on water adjustment and basic water safety, and develop basic aquatic skills without instructor support. Skills focus: submersion of the head for 5 seconds, floats and glides on front and back unsupported, locomotion through the water using combined arm and leg action for 5 feet.

Level 1/2: Beginner level for school-age children (ages 5+), no skill prerequisites. Participants will orient to the aquatic environment and gain basic aquatic skills, focusing on safe practices in and around the water, and water adjustment and comfort. Skills focus: blowing bubbles and submersion of the face and body (5 seconds), floats and glides both supported and unsupported, locomotion through the water using combined arm and leg action for 5 feet. Students who have passed Level 1 will continue to develop water locomotion on the front and back.

Level 3/4: Intermediate level for school-age children (ages 5+), prerequisite Level 2 skills-mastery preferred. Participants will build on the skills learned in Levels 1/2 to help achieve basic water competency in the pool environment. Skills focus: freestyle arm/breathing coordination along with controlled kick for 15 feet, backstroke body position and combined arm/leg action for 15 feet. Basic body movements for breaststroke and butterfly will be introduced. Treading water and safety skills in deep water will be performed. Students who have passed Level 3 will continue to develop coordination and endurance in the freestyle and backstroke skills.

Level 5/6: Advanced level for school-age children (ages 5+), prerequisite Level 4 skills-mastery preferred. Participants will continue to improve proficiency in performing swimming strokes that were introduced in the previous levels. Safety skills in and around the pool will be discussed and practiced. Skills focus: refined performance of freestyle and backstroke with coordinated arm/leg action and proper breathing, coordination in breaststroke and butterfly strokes will be covered, as well as an introduction to non-competitive swimming strokes (elementary backstroke and sidestroke). Treading water and survival floating will be practiced to gain endurance. Students who have passed Level 5 will continue to develop proficiency and endurance in the four competitive strokes, as well as learning to prevent aquatic emergencies and practice basic diving skills.