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| <b>Student Name:</b>  |   |
| <b>Preschool Aquatics</b>   | <b>Level 1</b> (must be 5 years of age)<br><b>Introduction to Water Skills</b>  |
| Class size limit 10 students. This level will help children gain basic aquatic skills, greater independence in their skills and gain basic swimming skills around water. Some skills include: Entering/exiting water, blowing bubbles, submerging mouth, nose and eyes, opening eyes under water and retrieving objects, bobbing, front/back glides, treading with arm and hand actions, treading water using arm and leg actions.  | Purpose: Learn how to feel comfortable in the water. Safety topics include basic water safety rules, use of life jackets and how to get help for a swimmer in distress. Course content includes: supported floating and kicking on front and back, swimming on front and back using alternating and simultaneous arm and leg action with support, water safety rules, how to get help in an emergency, fundamentals of using a life jacket.   |
| <b>Level 2 Fundamental Aquatic Skills</b>   | <b>Level 3 Stroke Development</b>   |
| Purpose: Students experience success with fundamental skills. Skills from Level 1 are now performed independently. Course content includes: jump independently into shoulder-deep water, submerging entire head, open eyes under water, pick up object, changing direction of travel on front and back, float and glide on front and back, combined stroke on front and back, roll over front to back, back to front, fundamentals of reaching and throwing assist, front, jellyfish and tuck float positions, tread water. | Purpose: Build on skills in level 2. Safety topics include the reaching and throwing assists and the use of check-call-care in providing emergency care. Course content includes: jump into deep water, dive from a kneeling and sitting position, bobbing while moving toward safety, tread water, survival float and back float, swim front crawl using rhythmic breathing, swim using the scissors and dolphin kick, swim elementary back stroke.  |
| <b>Level 4 / Part 1 Stroke Improvement</b>  | <b>Level 4 / Part 2 Stroke Improvement</b>  |
| Purpose: Continue to improve skills worked on in Level 3 as well as learn the open turns for front crawl and elementary backstroke. Course content includes: swim front crawl 25 yards, swim elementary backstroke 25 yards, sidestroke 15 yards, pushing off using flutter and dolphin kicks on front and back.  | Purpose: Continue to develop strokes worked on in Level 4, Part 1. Safety topics include safe diving rules, throwing and reaching assists. Course content includes: dive from compact and stride positions, perform feet-first surface dive and swim under water, perform open turns on front and back, survival swimming, treading water, swim breast stroke, butterfly, and back crawl 15 yards each.   |
| <b>Level 5 Stroke Refinement</b>  | <b>Level 6 Personal Water Safety/Fitness Swimmer</b>  |
| Purpose: Develop coordination and refinement of strokes. Safety topics include sculling and water safety rules and precautions. Course content includes: perform a long shallow dive, perform tuck and pike surface dives, perform flip turns, tread water for 5 min., swim front crawl and elementary back stroke 50 yards each, swim butterfly, breaststroke, back crawl, and sidestroke 25 yards each.   | Purpose: Improve stroke efficiency & endurance so students swim them with ease, efficiency, power & smoothness over greater distances. Safety topics include boating safety & the HELP and Huddle positions. Course content includes: perform open turns, back and survival float for 5 min. each, tread water using legs only for 2 min., survival swim 10 min. while clothed, surface dive & retrieve object from bottom, swim front crawl elementary backstroke 100 yards each, swim breaststroke, butterfly, back crawl and sidestroke for 50 yards each. |

ALL SESSIONS RUN 10 DAYS/40 MINUTES. Please check the appropriate box above for which level you are registering your child.

# Swimming Lessons Registration Form

Name: \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

Address: \_\_\_\_\_

Grade in school April 15, 2024 \_\_\_\_\_ Birthdate \_\_\_\_\_ Phone \_\_\_\_\_

Tuition: Resident (in school district) \$50.00 / Non-Resident \$55.00

Session One: June 17-28

Sign up: June 1 \*\*Maximum of 150 kids per session

Session Two: July 8-19

Sign up June 22

\*\*Sessions filled on a first come basis for residents & non-residents

Session Three: July 29-Aug 9

Sign up July 13

\*\*All sign ups are at the RC Aquatic Center 10:00 a.m. - 12:00 noon

\*\*Swimming Lesson Fees are non-refundable.

We try to accommodate carpool & daycare needs when possible. Please list requests below:

Please check the level on the back side of this sheet that your child should participate in. Please note that the child must have successfully completed each level prior to the one checked. You must fill out the registration form completely and turn it in when you register. All registration must be done in person at the Rush City Aquatic Center on scheduled sign up days. \$50.00 for residents and \$55.00 for non-residents. Payment is due at registration. You will be notified by mail of the time your child is scheduled for lessons.

## Liability Release and Medical Care Authorization

I hereby release this aquatic center, recreation department, coaches and/or other sponsors from any liability to my son or daughter for any reason of any kind or nature. I authorize this recreation department and/or their team physician to treat an injury to my son/daughter; the aforesignated individual during participation in the above program until our family physician can be contacted.

Parent/Guardian Signature \_\_\_\_\_ Phone# \_\_\_\_\_

Family Physician \_\_\_\_\_ Phone# \_\_\_\_\_

Relative/Friend to contact in case of emergency: \_\_\_\_\_ Phone# \_\_\_\_\_

Relative/Friend to contact in case of emergency: \_\_\_\_\_ Phone# \_\_\_\_\_

Health/Medical problems we should be aware of: \_\_\_\_\_