

# 2021 SWIM LESSONS

## THREE 2-WEEK SESSIONS (MONDAY-THURSDAY, 45 MIN CLASSES):

SESSION 1: JUNE 22\* - JULY 2

SESSION 2: JULY 12 - JULY 23

SESSION 3: AUGUST 2 - AUGUST 13

### REGISTRATION FOR SWIM LESSONS:

Session 1 **only**: Register for Session 1 lessons by mail/email using the attached form and including payment by check or credit card.

Session 2 and 3: Registration will be done at the end of Session 1 or 2 classes with recommendation of instructors.

*\* Due to the last day of school being 6/21, the first week of this Session 1 will run TUESDAY-FRIDAY, 2<sup>nd</sup> week of this Session 1 will return to normal (Monday-Thursday). \**

**\*\* Only families that have paid for their pool membership are eligible to sign up for swimming lessons. \*\***

**\*\* Membership does not guarantee swim lessons. \*\***

We have included the Red Cross Swimming level requirements as the last page of this document. Please review them and try to sign up for the level that matches your child's skill. To determine your child's level:

1. Review the skills they will learn in a level on the last page of this document labeled "Red Cross Swimming Levels".
2. If your child can do ALL the skills they can take the NEXT level
3. Swimmers MUST be able to do ALL skills in a level to move on to the next level!

# SESSION 1: JUNE 22\* - JULY 2, 2021

## SWIM LESSON REGISTRATION FORM

*\* Due to the last day of school being 6/21, the first week of this Session 1 will run TUESDAY-FRIDAY, 2<sup>nd</sup> week of this Session 2 will return to normal (Monday-Thursday). \**

Please fill out registration below indicating first & second class choices for your child(ren).

MAIL or email your completed form with full payment (check or credit card).

Swim lessons will be assigned according to date application is received. There are no refunds on lessons once a class has been assigned.

Name (First/Last)	Class Choice 1 Level/Time	Class Choice 2 Level/Time	FEE (\$80 per class)
Child 1:			\$
Child 2:			\$
Child 3:			\$
Child 4:			\$
Child 5:			\$
<u>Email address</u> _____			
<b>TOTAL AMOUNT for SWIM LESSONS:</b>			\$ _____

The undersigned, and members of his/her family and guests, use the pool and its related facilities at their sole risk and agree for himself/herself and member of his/her family and guest to indemnify and hold harmless the Scituate Knights of Columbus Building Association, Inc., its successors, assigns, affiliates, subsidiaries, officers, directors, employees and members of and from all claims for losses, personal injuries, death or any other claim arising out of or related to the use of the pool and its related facilities. The undersigned also certifies that he/she and members of his/her immediate family and invited guests agree to abide by the Rules and Regulations detailed on Page 2 of this application. All members of the K of C Pool become Associate Members of the Scituate Knights of Columbus.

\*SIGNATURE: \_\_\_\_\_ Date: \_\_\_\_\_

\*(Signature by authorized adult required for registration. Registration will be returned if signature missing.)

Mail to: Scituate K of C Pool, P.O. Box 867, Scituate, MA 02066

Email: [kofcswimming@gmail.com](mailto:kofcswimming@gmail.com) 781-545-1566

## SESSION 2: JULY 12 - JULY 23, 2021

# SWIM LESSON REGISTRATION FORM

Please fill out registration below indicating first & second class choices for your child(ren).

MAIL completed form with your membership application and full payment.

Swim lessons will be assigned according to date application is received. There are no refunds on lessons once a class has been assigned.

Name (First/Last)	Class Choice 1 Level/Time	Class Choice 2 Level/Time	FEE (\$80 per class)
Child 1:			\$
Child 2:			\$
Child 3:			\$
Child 4:			\$
Child 5:			\$
<u>Email address</u> _____			
<b>TOTAL AMOUNT for SWIM LESSONS:</b>			\$ _____

The undersigned, and members of his/her family and guests, use the pool and its related facilities at their sole risk and agree for himself/herself and member of his/her family and guest to indemnify and hold harmless the Scituate Knights of Columbus Building Association, Inc., its successors, assigns, affiliates, subsidiaries, officers, directors, employees and members of and from all claims for losses, personal injuries, death or any other claim arising out of or related to the use of the pool and its related facilities. The undersigned also certifies that he/she and members of his/her immediate family and invited guests agree to abide by the Rules and Regulations detailed on Page 2 of this application. All members of the K of C Pool become Associate Members of the Scituate Knights of Columbus.

\*SIGNATURE: \_\_\_\_\_ Date: \_\_\_\_\_

\*(Signature by authorized adult required for registration. Registration will be returned if signature missing.)

**Mail to: Scituate K of C Pool, P.O. Box 867, Scituate, MA 02066**

**Email: [kofcswimming@gmail.com](mailto:kofcswimming@gmail.com) 781-545-1566**

# SESSION 3: AUGUST 2 - AUGUST 13, 2021

## SWIM LESSON REGISTRATION FORM

Please fill out registration below indicating first & second class choices for your child(ren).

MAIL completed form with your membership application and full payment.

Swim lessons will be assigned according to date application is received. There are no refunds on lessons once a class has been assigned.

Name (First/Last)	Class Choice 1 Level/Time	Class Choice 2 Level/Time	FEE (\$80 per class)
Child 1:			\$
Child 2:			\$
Child 3:			\$
Child 4:			\$
Child 5:			\$
<u>Email address</u> _____			
<b>TOTAL AMOUNT for SWIM LESSONS: \$</b> _____			

The undersigned, and members of his/her family and guests, use the pool and its related facilities at their sole risk and agree for himself/herself and member of his/her family and guest to indemnify and hold harmless the Scituate Knights of Columbus Building Association, Inc., its successors, assigns, affiliates, subsidiaries, officers, directors, employees and members of and from all claims for losses, personal injuries, death or any other claim arising out of or related to the use of the pool and its related facilities. The undersigned also certifies that he/she and members of his/her immediate family and invited guests agree to abide by the Rules and Regulations detailed on Page 2 of the Member Application. All members of the K of C Pool become Associate Members of the Scituate Knights of Columbus.

\*SIGNATURE: \_\_\_\_\_ Date: \_\_\_\_\_

\*(Signature by authorized adult required for registration. Registration will be returned if signature missing.)

Mail to: Scituate K of C Pool, P.O. Box 867, Scituate, MA 02066

Email: [kofcswimming@gmail.com](mailto:kofcswimming@gmail.com) 781-545-1566

# COURSE OFFERINGS

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**TODDLER "AQUATIC ORIENTATION" (24MO-48MO)    10:00AM MON-THURS    \$80.00**

INTRODUCTION TO THE POOL FOR TODDLER AND A PARENT (OPTIONAL) IN THE SMALL POOL.

**COURSE OBJECTIVES INCLUDE TEACHING:**

- GENERAL ORIENTATION TO POOL, POOL AREA AND POOL RULES
- BASIC MOVEMENTS AND EXPLORATION IN THE WATER
- GAMES THAT LEAD TO SKILLS
- INTRODUCTION TO USING THE KICK BOARD

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**PRESCHOOL (2 1/2-5 YEARS)    9:00AM OR 11:00AM MON-THURS    \$80.00**

**COURSE OBJECTIVES INCLUDE:**

- EXPOSURE TO WATER ADJUSTMENT ACTIVITIES
- PRACTICING COMBINED SKILLS
- EXPERIENCING INDEPENDENT PROPULSIVE SWIMMING MOVEMENTS
- EXPOSURE TO WATER SAFETY SKILLS

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**LEVEL 1 – "WATER EXPLORATION"\*    10:00AM OR 11:00AM    MON-THURS    \$80.00**

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**LEVEL 2 – "PRIMARY SKILLS"\*    9:00AM OR 11:00AM    MON-THURS    \$80.00**

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**LEVEL 3- "STROKE READINESS"\*    9:00AM OR 11:00AM    MON-THURS    \$80.00**

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**LEVEL 4 - "STROKE DEVELOPMENT"\*    10:00AM OR 11:00AM    MON-THURS    \$80.00**

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**LEVEL 5 - "STROKE IMPROVEMENT"\*    10:00AM    MON-THURS    \$80.00**

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**LEVEL 6 - "SWIMMING AND SKILL PROFICIENCY"\*    10:00AM    MON-THURS    \$80.00**

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**SPRING BOARD DIVING    9:00AM OR 11:00AM    MON-THURS    \$80.00**

**\*\*\*PREREQUISITE- LEVEL III SWIMMING SKILLS\*\*\***

(ANY AGE.) THIS COURSE TEACHES THE BASIC FUNDAMENTALS OF SPRINGBOARD DIVING. AFTER PRELIMINARY INSTRUCTION FROM THE SIDE OF THE POOL, THE COURSE WILL MOVE TO THE DIVING BOARD. SKILLS TO BE TAUGHT WILL INCLUDE:

- APPROACH, HURDLE, TAKE OFF AND ENTRY
- FRONT DIVE
- BACK DIVE
- FRONT SOMERSAULT

\* See following page for Level Descriptions.

# Red Cross Swimming Levels

## Requirements to Pass Each Level

To determine your child's level:

1. Review the skills they will learn in a level
2. If your child can do ALL the skills they can take the NEXT level
3. Swimmers MUST be able to do ALL skills in a level to move on to the next level!

### **To Pass Level 1 – "Water Exploration"**

- Fully submerge face
- Release cramp
- Supported kicking on back
- Supported kicking on front
- Walk 5 yards in chest-deep water, alternating arms
- Supported float on front and back
- Walk 5 yards in chest-deep water, maintaining balance
- Bubble blowing
- Put on a life jacket on deck and enter shallow water
- Learn water safety rules
- Reaching assists without equipment
- Enter and exit water independently using ladder, ramp or steps
- Bounce up and down in chest-deep water --10 bounces

### **To Pass Level 2 – "Primary Skills"**

- Hold breath and fully submerge head for 3 seconds
- Assist non-swimmer to feet
- Step from the side into chest-deep water and recover to a vertical position
- Get out from the side of pool
- Supine float or glide, unsupported, and recovery
- Level off from a vertical position
- Rhythmic breathing with or without support
- Orientation to deep water
- Prone float or glide, unsupported, and recovery
- Flutter kick on front and back
- Finning on back
- Back crawl arm action
- Combined stroke from front and back, using kick and alternating arm action
- Turn over, front to back
- Float in life jacket with face out of water
- Perform reaching and extension assists from deck
- Retrieve objects
- Become familiar with rescue breathing

### **To Pass Level 3 – "Stroke Readiness"**

- Retrieve object, eyes open, no support
- Bob, submerging head completely
- Bob in water slightly over head to travel to safe area
- Bob to standing depth
- Dive from side of pool from kneeling and compact positions
- Learn safe diving rules
- Tread water
- Jump into deep water wearing a life jacket
- Reverse direction while swimming on back or front
- Coordinate arm stroke for front crawl with breathing, breathing to the side
- Prone glide and supine glide with push-off
- Coordinate back crawl
- Elementary backstroke
- Learn how to open airway for rescue breathing
- H.E.L.P. position
- Huddle position
- Jump into deep water from side of pool

### **To Pass Level 4 - "Stroke Development"**

- Deep water bobbing
- Floating
- Rhythmic breathing/rotary breathing
- Front crawl with rotary breathing, 25 yards
- Back crawl, 25 yards
- Breaststroke on back, 5 yards
- Elementary backstroke, 10 yards
- Scissor kick for sidestroke, 10 yards
- Turning at the wall
- Stride and standing dives
- Tread water, 2 minutes

### **To Pass Level 5 - "Stroke Improvement"**

- Alternate breathing
- Front crawl, 50 yards
- Back crawl, 50 yards
- Breaststroke, 10 yards
- Sidestroke, 10 yards
- Elementary backstroke, 25 yards
- Underwater swim, 3 body lengths
- Racing dives, long shallow dives
- Dolphin kick, 10 yards for butterfly
- Open turns on front and back
- Flip turns
- Feet-first surface dives
- Tread water, 2 minutes

### **To Pass Level 6-Swimming/Skill Proficiency**

- Front crawl, 100 yards, with flip turns
- Back crawl, 100 yards
- Breaststroke, 25 yards
- Breaststroke open turn and speed turn
- Sidestroke turn
- Racing dives, long shallow dives
- Butterfly, 10 yards
- Pike and tuck surface dives
- Tuck surface dive
- Tread water, 3 minutes, 1 minute no hands