

## RED CROSS SWIMMING LESSONS- 2019

Swim Lessons will be offered at Lake Wyola State Park. There will be two sessions this summer. The first session will run from July 1 – July 12, Monday – Friday. There will be no classes on July 4. Second session from July 15 – July 26. Children are to be supervised by a parent or guardian. Registration will be a first come first serve basis. The cost for lessons is \$40.00 per child each session. Weeks cannot be split between sessions. This includes parking **only** during lessons. Checks are to be made out to the Town of Shutesbury. Checks are non-refundable. If you wish to stay longer a DCR parking permit is required.

**9:00 - 9:30 -Level 6** - will improve upon speed, endurance, and stroke skills. New safety skills will be introduced in this class. It will be focused on Lifeguard Readiness.

**Level 5** - Students will work on stroke refinement and improve upon endurance and previously learned strokes. Must be able to perform level 4.

**9:30- 10:00 Level 4:** Goal is to build confidence, coordination, and endurance for Crawl, Breast, Back and Side strokes. Also, to build on personal water safety skills.

### **10:00 - 10:30 Level 3 - Stroke Development**

Build on basic fundamentals for all the front and back strokes.

**10:30 - 11:00 Level 2** - Fundamental Skills – Can go underwater willingly. Goal is to learn the basic fundamental swimming skills for front and backstrokes, build confidence, learn about safety and self-safety skills such as floating, kicking, rolling and breath control.

**11:00 - 11:30 Level 1** - Water adjustment skills;

Breathing & floating on front and back, kicking, body positioning and buoyancy. Ages 5 & up.

Send registration and check to Swim Lesson Program. P.O. Box 21, Shutesbury, Ma 01072. Deadline June 14. Please do not split weeks. Thanks.

Child \_\_\_\_\_ Level \_\_\_\_\_ Age \_\_\_\_\_ Session \_\_\_\_\_

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Address \_\_\_\_\_ Phone \_\_\_\_\_

PARENTS SIGNATURE \_\_\_\_\_

You will be notified if the class you selected if full, otherwise you are registered if the above is sent in prior to the deadline. Thanks for your support.

***(Not a School Sponsored Event)***