



# May/June Group Swim Lessons Preschool and School Age Children May 24th- June 14<sup>th</sup>



Preschool Level 1 Thursdays at 5pm  
Preschool Level 2/School Age Beginner Thursdays at 530pm  
School Age Intermediate Thursdays at 6pm

## Other Important Information:

- Classes meet once per week for 3 weeks. All classes are 30 minutes in length.
- Registration will be done at the Front Desk
- Parent or guardian must turn in a separate registration form with signed waiver for each child every time they register.
- Payment must be made with registration. Wait list need not pay until spot is secure.
- Class size per instructor is limited to 6.

Members \$30 once per week for a 3 week session (total 3 classes)

Non-members \$37 once per week for 3 week session (total 3 classes)

## **Instructors:**

### **Emily Jordan**

Emily has been a lifeguard since 1996. She is also certified in water fitness by AAAISMA and is certified in CPR and first aid. She has taught swimming lessons for all ages and abilities-- infants to adults since 1997. She coached the Newport Naval Blues Swim Team 2000-2002 and has been teaching Water Aerobics for over 4 years. For a consultation please contact Emily at 1-864-650-1085.

### **Holly Wysham:**

Holly has a lifelong love of swimming. A certified Red Cross Water Safety Instructor, she creates a fun environment for young children while teaching them to safely and comfortably enjoy the water. She specializes in introduction to water and basic swimming skills, private or group lessons. To contact Holly please email her at

[wysham3@yahoo.com](mailto:wysham3@yahoo.com) or call 757-650-4385

**Preschool Level I:**

The objective is to help students feel comfortable in the water and to enjoy the water safely. Elementary aquatic skills will be taught. Students will start to develop good attitudes and safe practices around the water. Fear of the water may be a major issue for some students regardless of age. This level is good for non-swimmers or swimmers who use floatation assistance. (Bubbles, wings etc.)

**Preschool Level II:**

The objective of level 2 is to give students success with fundamental skills. Students will learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills and adds to the self help skills taught in level 1. Students will begin to learn how to coordinate the front crawl and the back crawl. This level is perfect for someone who has some water skills.

**School Age-Beginner:** This class is designed for students who have just recently graduated from lower level classes such as pre-school. Class will focus of comfort and buoyancy in shallow and deep water. Skills covered include: bobbing, face in water, prone float, and supine float, streamline, alternating arm strokes, flutter kick and gliding. Some locomotion encouraged with the use of flotation devices.

**School Age-Intermediate:** Skills covered include: (Review of Beginner skills), New skills include: Rhythmic and Rotary Breathing, Flutter kick on back, alternating strokes on back, backstroke, underwater swimming and underwater object retrieval.

**School Age-Advanced:**

Skills covered include: Review of previous skill taught. New skills include: Lap swimming for freestyle and backstroke as well as an introduction to butterfly and breaststroke.

**Junior Swim Technique Program(ages 6-17):** Participants must be able to swim both freestyle and Backstroke. This program will refine all strokes, build endurance and work on turns. Classes to be announced. Contact Stephanie at extension 1036 if interested.

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**Registration Form for Group Lessons**

**Name of child:** \_\_\_\_\_ **Age** \_\_\_\_\_

**Name of Parent/Guardian:** \_\_\_\_\_

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

**Daytime phone:** \_\_\_\_\_ **Evening Phone:** \_\_\_\_\_

**Class (level and time)\*:** \_\_\_\_\_ **Class session dates:** \_\_\_\_\_

\*Please note that if your child is unable to attend a class for personal reasons the class cannot be made up.

**Release:** I recognize that the activities in which I or my child may choose to participate in at the Newport Athletic Club, including the use of showers, pool and other Club facilities could result in physical injury. I agree to exercise caution and to follow all Club safety rules. I hereby, for myself and my heirs, waive and release any and all injuries that I or my child may sustain while on Newport Athletic Club property.

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

\*\*\*\*\*For office use only\*\*\*\*\*

Amt. paid: \_\_\_\_\_ Form of payment: \_\_\_\_\_ Date : \_\_\_\_\_ Initials: \_\_\_\_\_

Ring into "pool"

Revised 5 /12