

RED CROSS SWIMMING LESSONS- 2013

Swim Lessons will be offered at Lake Wyola State Park. There will be two sessions this summer. The first session will run from July 8 – July 19. The second session will run from July 22 – August 2 . Children are to be supervised by a parent or guardian. Registration will be a first come first serve basis. The cost for lessons is \$35.00 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.

9:00 - 9:30 - Level 5 & 6

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 and helping others.

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 15. Please do not split weeks. Thanks.**

Child _____ Level _____ Age _____ Session _____

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Address _____ Phone _____

The Town of Shutesbury, instructors, or volunteers are not responsible for injuries or accidents to individuals not enrolled in a swim lesson. Children not participating in a lesson must be attended by a parent or a guardian". Payment is non-refundable.

PARENTS SIGNATURE _____

THIS IS NOT A SCHOOL SPONSORED EVENT