



Clinton Hills – Swim Lessons 2019

In partnership with SwimSafe Pool Management Co.

REGISTRATION REQUIRED

Use your mobile phone, tablet or computer to visit CLINTONHILLS.COURSESTORM.COM or scan this QR code.

Follow the prompts to complete registration.



Cancellation Policy

Lessons will only be cancelled if thunder or lightning is in the area 15 minutes prior to the start of class. Make-up lessons may be offered on the first Friday of the session but are not guaranteed.

Waitlist Policy

We believe every child should have the opportunity to take swim lessons. If a class is full please join the waitlist so we may contact you with alternatives. Please note, classes may be combine or cancelled if enrollment is less than three swimmers.

Text **CHSC1 to 84483** to opt-in to cancellation notifications.

HOW TO MAKE THE MOST OUT OF LESSONS

- Arrive on time and ready for lessons.
- Wear a well-fitted swimsuit that is appropriate for lessons.
- Children who are not potty-trained must wear a swim diaper while in the pool.
- Children with long hair should use a hair tie or wear a swim cap.
- Swim goggles (not a snorkel or mask) may be used by children in the upper level classes.

MORNING LESSONS:

Session 1: June 3-13

Session 2: June 17-27

Session 3: July 8-18

Mon-Thu

10:00, 10:30 & 11:00am

EVENING LESSONS:

June 3-27

Mon & Wed







6:00 & 6:30pm

NEW LESSON TIME:

11:00-11:30am



NOT SURE WHAT LEVEL IS RIGHT FOR YOUR CHILD?

	CLASS DESCRIPTION	SKILLS
LEVEL 0: FROGS & TADPOLES 	Parent & Child Water Acclimation —Parent and child (9-36 months old) will learn to enjoy the water together in this class. Parent (or responsible adult) and child will become acclimated to the water through games and songs while in a group setting. Parent will learn key safety tools to use at a pool or near water.	Water acclimation, movement through water, floating in water, blowing bubbles, proper use of flotation devices.
LEVEL 1: FLOUNDER 	Water Acclimation, Submersion, Air Exchange —Child will become acclimated to the water through games and will learn basic safety skills in addition to water submersion and floating with support.	Assisted front float, assisted back float, introduction to bobs, bubbles from nose/mouth, independent movement in water.
LEVEL 2: JELLYFISH 	Body Position, Forward Momentum —Child will expand on the skills learned in the Flounder class and learn to be in the water unassisted in both front and back positions while learning to propel themselves through the water using either arms or legs.	Front/back float (5 sec), front/back glide (5 sec), streamline, recovery, bobs, propulsive kicking, propulsive arms, sit dives.
LEVEL 3: OCTOPUS 	Coordination, Strong Flutter Kick, Introduction to Competitive Kicks —Child will learn fundamental freestyle and backstroke skills with emphasis placed on the coordination and timing of the strokes as well as the development of a strong flutter kick.	Novice freestyle, novice backstroke, elementary backstroke, side glide, treading (10 sec), kneel dive, introduction to butterfly and breaststroke kick.
LEVEL 4: CLOWNFISH 	Stroke Refinement (Freestyle & Backstroke), Introduction to Competitive Strokes —Child will work to improve their freestyle and backstroke while learning all 4 competitive strokes. Emphasis will be placed on developing strokes that are swim meet legal.	25 meter freestyle, 25 meter backstroke, strong kicks, novice butterfly, novice breaststroke, treading (1 min), standing dive, surface dive, introduction to flip turns.
LEVEL 5: SEAHORSE 	Stroke Refinement, Endurance —Child will refine all 4 competitive strokes while gradually increasing strength and endurance in each stroke. The ultimate goal is to swim each of the four competitive strokes legally for the specified distance.	50 meter freestyle, 50 meter backstroke, 25 meter butterfly, 25 meter breaststroke, 100 meter continuous swim, tread/swim/tread, eggbeater kick, flip turns.