



Clinton Hills – Swim Lessons 2021

In partnership with SwimSafe Pool Management Co.

Online Registration Required.

Use your mobile phone, tablet or computer to register at [ClintonHills.CourseStorm.com](https://clintonhills.coursestorm.com).

Or Scan
This QR
Code



Due to limited capacity, **registration is limited to one class per child for the summer.**

Lesson Schedule

Session	Dates	Day(s)	Time	Levels*
1	6/14-24	MTWR	10:00-10:30 am	1,2,3,4
			10:30-11:00 am	1,2,3,4
			11:00-11:30 am	0
2	6/28-7/8	MTWR	10:00-10:30 am	1,2,3,4
			10:30-11:00 am	1,2,3,4
			11:00-11:30 am	0
3	7/12-22	MTWR	10:00-10:30 am	1,2,3,4
			10:30-11:00 am	1,2,3,4
			11:00-11:30 am	0

Evening Lessons

1	6/16-7/21	Wed	6:00-6:30 pm	1,2
		Evenings	6:30-7:00 pm	1,2

Registration closes 5 days before classes begin.

Classes are FREE to Clinton Hills pool members only.

Please make every effort to attend all classes.

**Interested in higher-level classes?*

Reach out to the pool management team to discuss options for private lessons and swim team.

Waitlist Policy

Every child should have the opportunity to take swim lessons. If a class is full please join the waitlist. **Classes may be combined or canceled if enrollment is less than three swimmers.**

Cancellation Policy

Lessons will only be canceled if thunder or lightning is in the area **15 minutes prior to the start of class.**

Cancellation Notifications

We utilize an automated text notification system to quickly notify parents in the event of a cancellation.

To receive notifications, text CHSC1 to 84483.

Cancellation information is only available via our text notification system.

For the health and well-being of everyone, please do not bring swimmer if they are:

- Feeling ill or experiencing signs and symptoms of being sick
- In a household with someone who is waiting on a COVID-19 test result

NOT SURE WHAT LEVEL IS RIGHT FOR YOUR CHILD?

	<p>LEVEL 0: FROGS & TADPOLES</p> <p>Parent and child 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.</p> <p>ACTIVITIES: Water safety, proper use of flotation devices, water acclimation, movement through water, floating in the water, blowing bubbles, and more.</p>	<p><i>Limited to children 9-36 months old. Parent and child are welcome to participate in this class until the child is 3-years-old and comfortable moving to the Flounder class on their own.</i></p>
	<p>LEVEL 1: FLOUNDER</p> <p>Child will become acclimated to the water through games and will learn basic safety skills in addition to water submersion and floating with support.</p> <p>SKILLS: Independent movement through the water, floating on front and back, recovery from a floating position, nose/mouth bubbles, introduction to bobs, and age-appropriate safety skills.</p>	<p><i>Any children who are at least 3-years-old and have little experience in the water should sign up for this class.</i></p>
	<p>LEVEL 2: JELLYFISH</p> <p>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.</p> <p>SKILLS: Floating, gliding, streamline body position, recovery, bobs, submersion, propulsive kicking, introduction to propulsive arms, sit dives, and safety skills.</p>	<p><i>A child is ready for this class if they can comfortably perform five unassisted, consecutive bobs, submerging fully.</i></p>
	<p>LEVEL 3: OCTOPUS</p> <p>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.</p> <p>SKILLS: Novice freestyle, novice backstroke, elementary backstroke, side glide, treading, kneel dive, and safety skills.</p>	<p><i>For children who can independently jump into the water, float on their back for 5-10 seconds, and return unassisted to the wall.</i></p>
	<p>LEVEL 4: CLOWNFISH</p> <p>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.</p> <p>SKILLS: Strong freestyle and backstroke, strong kicks (flutter, butterfly, breaststroke), novice breaststroke and butterfly, tread for 1 minute, standing dives, surface dives, flip turns, and safety skills.</p>	<p><i>Children who can swim basic freestyle (with their face in the water) for 15 feet, basic backstroke for 15 feet, and have met the requirements above are ready for this class.</i></p>

HOW TO MAKE THE MOST OUT OF LESSONS



Arrive on time and ready for lessons.

ALL children who are **not potty-trained must wear a swim diaper** in the pool.

Wear a **well-fitted swimsuit** that is **appropriate for lessons**.

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.