

Sunnyside Golf & Country Club Swimming Lessons 2018

Session 1

June 11th - June 28th Monday, Tuesday, and Thursday
Weather Make-up day: June 29th

Session 2

July 16th - August 3rd Monday, Tuesday, and Thursday
Weather Make-up day: August 4

Times

9:00-9:45am (Levels 4, 5, 6)

10:00-10:45am (Levels 1, 2, 3)

11:00-11:30am (Levels Parent/Infant, Preschool 1, Preschool 2)

Cost

Group swimming lessons= \$60 per child, per session

Private swimming lessons= \$15/half hour session, scheduled with lifeguard

Swimming Lesson Expectations

*Classes are limited to 8 students to ensure quality lessons delivered via American Red Cross curriculum through “Learn to Swim” program.

*1 absence is permitted, per session. Those who miss more than one class will not pass their designated level, per American Red Cross standards.

*Children in diapers are required to wear swim diapers

*Long hair should be tied back so it doesn’t get in child’s face

*Make-up classes due to weather-related postponements will be made up during the pre-determined day. *See schedule for more details.*

*Course Completion vs. Passing: Each student will receive a certificate of completion, however only those who actually passed the course will have it noted as such on completion form.

*Note: Group lessons will be billed for the entire session.

*In case of inclement weather parents will be notified by email from taylor@sunnysidecountryclub.com

Conversion Chart of Previous Class Titles:

If it was called this.... It is *now* called this...

Bubble Blowers	Parent & Infant
Water Pups	Preschool I
Sun Beams	Preschool 2
Putters	Level 1
Chippers	Level 2
Driver	Level 3
Pars	Level 4
Birdies	Level 5
Eagles	Level 6

LEVELS & DESCRIPTIONS

Parent and Child Aquatics (6 months to approximately 4 years)

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm & leg movements and breath control. Both levels are fun-filled and help introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy.

Parent/Infant:

Provides experiences and activities for children to:

- Learn to ask for permission before entering the water.
- Learn how to enter and exit the water in a safe manner.
- Feel comfortable in the water.
- Explore submerging to the mouth, nose and eyes and fully submerging.
- Explore buoyancy on the front and back position.
- Change body position in the water.
- Learn how to play safely.
- Experience wearing a U.S. Coast Guard-approved life jacket.
- Age-appropriate water safety topics.

Parent/Toddler:

Builds upon the skills learned in Parent/Infant and provides experiences and activities for children to:

- Establish expectation for adult supervision.
- Learn more ways to enter and exit the water in a safe manner.
- Explore submerging in a rhythmic pattern.
- Glide on the front and back with assistance.
- Perform combined stroke on front and back with assistance.
- Change body position in the water.
- Experience wearing a U.S. Coast Guard-approved life jacket in the water.
- Age-appropriate water safety topics.

Preschool Aquatics (approximately 4 - 6 years old)

Throughout the three levels, preschool-age children are taught basic aquatic safety and swimming skills, all the while increasing their comfort level in and around the water. Skills are age-appropriate, helping children achieve success on a regular basis and enjoy social interactions with other children. With all Swimming and Water Safety courses, your child will always know it's safety first.

Preschool Level 1 — Helps children gain greater independence in their skills and develop more comfort in and around water.

Recommended ages: 4 and 5 year olds

- Enter water by stepping in from a deck or low height
- Exit water using ladder, steps or side
- Bobbing
- Open eyes underwater and retrieve submerged objects
- Front float
- Back glide and float and recover to a vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Age-appropriate water safety topics.

Preschool Level 2 — Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

Recommended ages: 5 & 6 year olds

- Enter water by jumping in
- Fully submerge and hold breath
- Bobbing
- Rotary breathing
- Front, jellyfish and tuck floats
- Front and back float or glide and recover to a vertical position
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Age-appropriate water safety topics.

Learn-To-Swim (children 6 years through teen)

Designed to help participants achieve maximum success, Learn-to-Swim courses are based on a logical, six-level progression

Level 1—Introduction to Water Skills. Minimum age: 6 (must be 6 years old at the start of class, no exceptions)

Helps participants feel comfortable in the water.

- Enter water using ramp, steps or side
- Exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes underwater and retrieve submerged objects
- Front and back glides and recover to a vertical position
- Back float
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous arm and leg actions on front
- Alternating and simultaneous arm and leg actions on back
- Combined arm and leg actions on front and back
- Age-appropriate water safety topics.

Level 2—Fundamental Aquatic Skills Gives participants success with fundamental skills.

- Enter water by stepping or jumping from the side
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing
- Open eyes underwater and retrieve submerged objects
- Rotary breathing
- Front, jellyfish and tuck floats
- Back glide and recover to a vertical position
- Front glide and recover to vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front and back
- Finning arm action
- Age-appropriate water safety topics.

Level 3—Stroke Development Builds on the skills in Level 2 through additional guided practice in deeper water.

- Enter water by jumping from the side, fully submerge then recover to the surface and return to the side
- Headfirst entries from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Back float
- Survival float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter and dolphin kicks on front
- Scissors and breaststroke kicks
- Front crawl and elementary backstroke
- Age-appropriate water safety topics.

Level 4—Stroke Improvement Develops confidence in the skills learned and improves other aquatic skills.

- Headfirst entries from the side in compact and stride positions
- Swim under water
- Feet first surface dive
- Survival swimming
- Open turns on front and back
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back
- Age-appropriate water safety topics.

Level 5—Stroke Refinement Provides further coordination and refinement of strokes.

- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling
- Age-appropriate water safety topics.

Level 6—Swimming and Skill Proficiency

Refines strokes so participants swim with ease, efficiency, power and smoothness over greater distances. Designed with “menu” options that focus on preparing participants for more advanced courses, including Water Safety instructor course, or other aquatic activities, such as competitive swimming or diving. Each also includes applicable water safety topics.

SWIMMING LESSON REGISTRATION

please type or print clearly and **return to the Business Office or email to kleininger@sunnysidecountryclub.com**
You will receive an email confirmation when your child has been successfully registered for lessons.

Parent(s) Names _____
Phone # _____
Member # _____
Email Address _____
Physical Address _____
Emergency Contact Name _____
Relationship _____
Primary Phone # _____
Babysitter/Nanny Name _____
Primary Phone # _____

****FOR PRIVATE LESSONS: PLEASE SKIP TO PRIVATE LESSONS SECTION**

Child Name	_____	Age:	_____
Session:	_____	Level:	_____
Child Name	_____	Age:	_____
Session:	_____	Level:	_____
Child Name	_____	Age:	_____
Session:	_____	Level:	_____
Child Name	_____	Age:	_____
Session:	_____	Level:	_____
Child Name	_____	Age:	_____
Session:	_____	Level:	_____

Private Lessons (Continued on next page)

Child Name _____ Age: _____
Desired Number of Lessons _____
Desired Month of Lessons _____
Days of Week Available for Lessons _____
Time of Day Available for Lessons _____
Approximate Swim Level _____
Instructor Requested* _____
this request honored when possible

Child Name

Age:

Desired Number of Lessons

Desired Month of Lessons

June

July

August

Days of Week Available for Lessons

Time of Day Available for Lessons

Approximate Swim Level

Instructor Requested*

this request honored when possible

Child Name

Age:

Desired Number of Lessons

Desired Month of Lessons

June

July

August

Days of Week Available for Lessons

Time of Day Available for Lessons

Approximate Swim Level

Instructor Requested*

this request honored when possible

Child Name

Age:

Desired Number of Lessons

Desired Month of Lessons

June

July

August

Days of Week Available for Lessons

Time of Day Available for Lessons

Approximate Swim Level

Instructor Requested*

this request honored when possible