

Earlham Public Swimming Lessons 2023

Student Name _____ Age _____

Parent Name _____ Daytime Phone # _____

Emergency Contact _____ Phone # _____

Email address _____

Check Preferred time (morning) _____ (evening) _____ (preferred time not guaranteed)

Swimming Level Sample Skills - (Check Level that applies)

 I
Intro. To Water Skills The purpose of this class is to help students feel comfortable in the water. The students will learn basic water safety rules, submerging their mouth, nose, and eyes underwater and picking up a submerged object. They will also learn supported swimming on their back and front and exhaling underwater.

 II
Fundamental Aquatic Skills At level II the student should be able to go under water without being afraid. They should also be able to float on their backs or stomach with minimal help. This level begins putting front and back crawl arms and legs together. Student should be tall enough to stand in the shallow end of the pool (about 3 feet). It is recommended that your child be at least 5 years of age by the beginning of lessons.

 III
Stroke Development At level III the student should be able to do their front and back crawl for about 10 yards without stopping. In this level they also learn the elementary backstroke.

 IV
Stroke Improvement At level IV students are in the deep end. They perform deep water bobs, tread water and dive. The students should be familiar with front crawl, back crawl, and elementary backstroke.

 V
Stroke Refinement At level five the students work on everything. This level provides further coordination, endurance and refinement of strokes

 VI
Swimming and Skill Proficiency At level six the students learn personal safety in the water as well as review strokes. The students learn lifesaving techniques, and prepares for lifeguard training. Work on refining the strokes so students swim them with ease, efficiency, power and smoothness over greater distances.

Session runs: July 17th – July 28th (Mon-Fri)

The cost is \$40.00 to be paid to the City of Earlham. **Registration Deadline: Friday, July 3rd**

All forms must be turned in at Earlham City Hall.

If after hours, please use the night drop box next to the front door.

Email earlhamutilities@hotmail.com for any questions or call 515-758-2281.

Level 1 lessons are 1 week only Mon-Friday, July 17th -21st. All other levels are 2 weeks, July 17th - June 28th

Lesson plans are 4 days, Mon-Thurs, Fridays are for weather make up days and/or practice/testing days.

Lesson schedules will be posted on July 7th at Earlham City Hall, Earlham Library, Earlham Post Office, Hometown Market and Earlham Pool. Each lesson time slot is 30-minutes.

NO REFUNDS

LATE REGISTRATIONS CANNOT BE ACCEPTED