

# 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 17<sup>th</sup> – July 28<sup>th</sup> (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](mailto:earlhamutilities@hotmail.com) for any questions or call 515-758-2281.

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

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 7<sup>th</sup>** 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**