

# Earlham Public Swimming Lessons 2025

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**                      The purpose of this class is to help students feel comfortable in the water. The  
*Intro. To Water Skills*      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**                      At level II the student should be able to go under water without being afraid. They  
*Fundamental Aquatic Skills*      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**                      At level III the student should be able to do their front and back crawl for about 10  
*Stroke Development*      yards without stopping. In this level they also learn the elementary backstroke.

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

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

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

**Session runs: June 16<sup>th</sup> – June 27<sup>th</sup>, 2025    Level 1 is one week only. All other levels are 2 weeks.**

Lessons are 4 days, Mon-Thurs, Fridays are considered “extra” days and will be used for weather make up days and/or practice/testing days.

The cost is \$40.00 to be paid to the City of Earlham. Cash or check, no cards.

**Registration Deadline: June 1<sup>st</sup> 2025**

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@outlook.com](mailto:earlhamutilities@outlook.com) for any questions or call 515-758-2281.

**Lesson schedules will be posted on June 6<sup>th</sup>** at Earlham City Hall, Earlham Library, Earlham Post Office, Hometown Market and Earlham Pool. Each lesson time slot is 30-minutes. Parents may drop off or stay and watch from afar, but parents are not allowed to get into the pool with their child.

**NO REFUNDS**

**LATE REGISTRATIONS CANNOT BE ACCEPTED**

