

## Chambersburg Recreation Department Learn to Swim Program

The Department of Recreation will conduct swimming lessons at the Municipal Park Pool from June 17 - August 9, 2013. Classes in swimming and water safety will be taught by American Red Cross Water Safety Instructors.

**Pre-Beginner** - Half hour lessons for children ages 4 and 5. Designed to help small children become physically and mentally adjusted to the water and learn basic skills. As the child progresses throughout the two weeks the skills will be adjusted to meet the needs of the child.

**Level 1 Introduction to Water Skills** - To enroll, the student must be 6 years old. The objective of this course is to equip the individual with elementary aquatic skills, which students build on as they progress through the Learn to Swim Program. **Prerequisite:** Those students 6 years old or older.

**Level 2 Fundamental Aquatic Skills** - The objective of Level 2 is to give students success with fundamental skills. This level marks the beginning of true locomotion skills and continues with the self-help and basic rescue skills begun in level 1. **Prerequisite:** Those students who have completed all skills in Level 1.

**Level 3 Stroke Development** - The objective of Level 3 is to build on the skills in Level 2 by providing additional guided practice. Students learn to coordinate the front and back crawl; elements of the butterfly and diving are also introduced. **Prerequisite:** Students who have completed all skills in level 2.

**Level 4 Stroke Improvement** - The objective of Level 4A and Level 4B is to develop confidence in the strokes learned thus far and to improve other aquatic skills. Endurance is increased in familiar strokes (elementary back stroke, front crawl, and back crawl).

**Level 4A** - Elements of the breaststroke, sidestroke, and elementary backstroke will be introduced. **Prerequisite:** Students must have completed all skills in Level 3.

**Level 4B** - Development of skills learned in 4A are continued with the coordination of the breaststroke, sidestroke, and elementary backstroke. **Prerequisite:** Students must have completed all skills in Level 4A.

**Level 5 Stroke Refinement** - The objective of Level 5 is coordination and refinement of strokes. Participants refine their performance of all the strokes and increase their distances. **Prerequisite:** Students must have completed all skills in Level 4B.

**Level 6 Skill Proficiency** - The objective of Level 6 is to refine strokes so students swim them with efficiency, power, and smoothness over greater distances. **Prerequisite:** Students entering this course must have successfully completed Level 5.

**Guard Start** - This course is for the student who wishes to enroll in Lifeguarding Today and become a lifeguard in the future. **Prerequisite:** must have completed Level 4 and be between the ages of 11 and 14.

**Lifeguarding Today** - The objective of the course is to provide the individual with the knowledge and skills needed to become a well-trained professional lifeguard at pools and non-surf beaches. Includes CPR: 1. Adult 2. Infant/child 3. Professional Rescuer and first aid in and around water, with spinal injuries emphasized. **Prerequisite:** minimum age of 15 years prior to the start of the course.

## 2013 Recreation Department Swimming Lessons

Student's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Grade Now \_\_\_\_\_ Sex - M or F  
 Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
 E-mail \_\_\_\_\_ Telephone \_\_\_\_\_  
 Circle Residency Borough Guilford Greene Hamilton Lurgan Letterkenny Other  
 Emergency Contact \_\_\_\_\_ Telephone \_\_\_\_\_

Please submit a separate form for each child, enclose appropriate fee with application, and return to the Recreation Department, 235 South Third St., Chbg. (checks payable to Recreation Department). There is no registration deadline, however you must register early to ensure preferred times. Applications will be accepted until session is filled. The Department has the right to cancel classes with low enrollment. Parents will be notified by telephone if the class is filled. If not contacted, your child has been registered and you will receive confirmation by mail.

Please ✓ the child's level under the session of your choice. All classes Monday through Friday.

**Pre-Beginners: A child must be age 4 by the starting date of the chosen session for enrollment in this program.**

### FIRST SESSION - JUNE 17- JUNE 28

- 9:00-12:00 Lifeguarding Today
- 9:00-10:00 Level 4A
- 9:00-10:00 Level 4B
- 10:00-11:00 Level 4A
- 10:00-11:00 Level 4B
- 10:00-11:00 Level 3
- 10:00-11:00 Level 2
- 10:00-11:00 Level 1 (Age 6 & up)
- 11:00-12:00 Level 3
- 11:00-12:00 Level 2
- 11:00-12:00 Level 1 (Age 6 & up)
- 11:00-11:30 Pre-Beginner (Ages 4-5)
- 11:30-12:00 Pre-Beginner (Ages 4-5)

### SECOND SESSION JULY 1- JULY 12

- 8:30-10:00 Guard Start
- 8:30-10:00 Level 6
- 8:30-10:00 Level 5
- 9:00-10:00 Level 4A
- 9:00-10:00 Level 4B
- 10:00-11:00 Level 4A
- 10:00-11:00 Level 4B
- 10:00-11:00 Level 3
- 10:00-11:00 Level 2
- 10:00-11:00 Level 1 (Age 6 & up)
- 11:00-12:00 Level 3
- 11:00-12:00 Level 2
- 11:00-12:00 Level 1 (Age 6 & up)
- 11:00-11:30 Pre-Beginner (Ages 4-5)
- 11:30-12:00 Pre-Beginner (Ages 4-5)

### THIRD SESSION - JULY 15- JULY 26

- 8:30-10:00 Level 6
- 8:30-10:00 Level 5
- 9:00-10:00 Level 4A
- 9:00-10:00 Level 4B
- 10:00-11:00 Level 4A
- 10:00-11:00 Level 4B
- 10:00-11:00 Level 3
- 10:00-11:00 Level 2
- 10:00-11:00 Level 1 (Age 6 & up)
- 11:00-12:00 Level 3
- 11:00-12:00 Level 2
- 11:00-12:00 Level 1 (Age 6 & up)
- 11:00-11:30 Pre-Beginner (Ages 4-5)
- 11:30-12:00 Pre-Beginner (Ages 4-5)

### FOURTH SESSION JULY 29-AUGUST 9

- 8:30-10:00 Level 6
- 8:30-10:00 Level 5
- 9:00-10:00 Level 4A
- 9:00-10:00 Level 4B
- 10:00-11:00 Level 4A
- 10:00-11:00 Level 4B
- 10:00-11:00 Level 3
- 10:00-11:00 Level 2
- 10:00-11:00 Level 1 (Age 6 & up)
- 11:00-12:00 Level 3
- 11:00-12:00 Level 2
- 11:00-12:00 Level 1 (Age 6 & up)
- 11:00-11:30 Pre-Beginner (Ages 4-5)
- 11:30-12:00 Pre-Beginner (Ages 4-5)

**Transfers are honored two weeks prior to the start of each session. Refunds are only granted upon submission of a Doctors Certificate.**

	Cost	Borough Rate
Pre-Beginner (4 & 5 yr. old)	\$55.00	\$50.00
Levels 1 - 4	\$65.00	\$59.00
Levels 5 - 6	\$69.00	\$65.00
Guard Start*	\$69.00	\$ 65.00
Lifeguarding Today*	\$125.00	\$115.00

\* The participant is responsible for securing a book for Guard Start and a book and mask for Lifeguarding Today.

-----Release Form-----Do not Cut or Separate-----

I/We, the undersigned, give my/our consent to have \_\_\_\_\_ (name of child) participate in the swimming classes to be conducted at Chambersburg Municipal Pool. I/We understand that the cooperating organizations providing the pool and the instructors will not be held responsible for loss of property, injury or death due to accident. I/We hereby release and discharge the Department of Recreation of the Borough of Chambersburg, the Franklin County Chapter of the American Red Cross, all cooperating organizations and their agents and employees from all liability, claims and actions for damages resulting from accidental injuries, death or property loss in connection with said child's participation in said swimming class.

Signature of Mother, Father, or Legal Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

