



## 2023 Swim Lessons Registration Form

### General Information

- Group swimming lessons will be held Monday-Thursday each available week.
- Friday will be a make-up day for kids who miss throughout the week.
- Week one of session 3 will not have class on Tuesday, July 4th (2023)

### The sessions will look as follows:

- Session 1: June 5 - June 16
- Session 2: June 19 - June 30
- Session 3: July 3 - July 14 week one of this session will not have class on Tuesday, July 4th. Friday will be included as a lesson day for this week.
- Session 4: July 17- July 28
  
- Level 1: 9:45 am - 10:15 am
- Level 2: 10:15 am - 10:45 am
- Level 3: 10:15 am - 10:45 am
- Level 4: 10:45 am - 11:15 am
- Level 5: 11:15 am - 11:45 am
- Level 6: 11:15 am - 11:45 am

Specific time slots and lesson plans are intended to best help and fit the needs of each child. Children are subject to be moved into a different time slot or level depending on further assessment. Initial time slots are not guaranteed and subject to change. Make-up days are each Friday, please coordinate make-ups with your instructor.

- 2 week sessions will consist of 8 lessons on Monday - Thursday, except for 4th of July week, make up days will be on Friday for those who miss class. For Members and Grandchildren of Members ONLY.
- Group Lesson Rate is \$100 per session ( 8 lessons in total )
- No refunds will be given once a member has shown up for a class session. No refunds will be given for lessons that were scheduled but unattended.

For more information regarding group lesson levels and placing your child based on swimming abilities please contact Jaxson May (801) 879 -6776 or at [swimming@cottonwoodcc.org](mailto:swimming@cottonwoodcc.org)

## **Swim Level Description and Objectives**

*\*Per Red Cross and USA Swimming guidelines\**

### **2. Level 1 -**

#### **Introduction to Water Skills:**

- Anticipated Class Size - 3
- Recommend Age - 3+ (exceptions anticipated)
- Swimmers learn the very basics with help from a parent.
- The parent must be in the water with the child.
- Lessons will be taught in the baby pool.
- Bobbing, getting in and out of the water with help, water confidence, crawl arms, small kicks, and floating on back/front will be taught in this section.

### **1. Level 2 -**

#### **Fundamental Aquatic Skills:**

- Anticipated Class Size - 4
- The child must be at least 6 years of age
- Swimmers will be held and assisted in both the baby pool and regular pool.
- This level will focus on water adaptation and safety procedures.
- Swimmers should be able to float and be able to put their head in the water.
- Independent back/front floats, rolling over in the water, front and back glides, push-offs, water safety, kicks, retrieving items in the shallow end, and safely exiting/entering the pool will be taught in this section.
- Life jacket awareness will also be a main focus of this level.

### **4. Level 3 -**

#### **Stroke Development:**

- Anticipated Class Size - 4
- The child must have some prior knowledge of basic swimming skills or they must have already taken swimming lessons.
- This level will be taught in the main swimming pool.
- Swimmers will work on gliding, freestyle with side breathing, backstroke, breaststroke, and dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water, and compact dives.
- This section will focus on safety, building water confidence, and swimming both with and without assistance.

### **3. Level 4 -**

#### **Stroke Improvement:**

- Anticipated Class Size - 6
- This level will be taught in the main swimming pool.
- This level will provide an introduction to all four of the different strokes.
- This section will focus on swimming without assistance.
- Swimmers will work on breathing techniques, freestyle, backstroke, elementary backstroke, scissors kick and sidestroke, intro to turning on the wall, treading water with modified scissors, and diving in kneeling position.

### **6. Level 5 -**

#### **Stroke Refinement:**

- Anticipated Class Size - 4
- This level will be taught in the main swimming pool.
- Lessons at this level will be spent developing skills and different techniques for each of the four strokes.
- This section will focus on swimming further lengths and longer durations.
- Swimmers will work on alternate breathing, stride jump, refinement of freestyle, backstroke, elementary backstroke, sidestroke, breaststroke, dolphin kick and butterfly, open turn on front and back, feet-first surface dive, and treading water.

### **5. Level 6 -**

#### **Swimming & Skill Proficiency:**

- Anticipated Class Size - 5
- This level is intended to prepare swimmers for the Cottonwood Country Club Swim Team.
- This section will focus on practicing techniques to improve all four strokes.
- Instructors will implement a variety of drills and activities that help build endurance.
- Swimmers will work on: All four strokes, front and back crawl flip turn, breaststroke turn, butterfly turn, sidestroke turn, pike and tuck surface dive, pike and tuck dive from the board, tread water for two minutes, and basic water rescue and safety.

## SWIMMER INFORMATION

Full Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Phone #: \_\_\_\_\_ Parent E-Mail: \_\_\_\_\_

Member # \_\_\_\_\_ Program fees will be charged to your account.

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Please email this form to Jaxson May, [swimming@cottonwoodcc.org](mailto:swimming@cottonwoodcc.org) when it has been completed. Thank you!

## SWIM LESSON REGISTRATION

*Please check what section and what level your child would like to participate in.*

*\*Children may participate in one or more sections/levels.*

### GROUP SWIM SESSIONS:

Session 1: June 5 - June 16

Session 2: June 19 - June 30

Session 3: July 3 - July 18

(No Class July 4th, Friday will be included as a lesson day for this week.)

Session 4: July 17- July 28

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### PRIVATE SWIM LESSONS: Requested Dates (Any Day/Time until Fall)

Requested Dates:

30 Minute Private (1 on 1 Lesson) \$50

4 Pack of Privates (30 min ea.) \$190

6 Pack of Privates (30 min ea.) \$280

60 Minute Private (1 on 1 lesson) \$85

4 Pack of Privates (60 min ea.) \$325

6 Pack of Privates (60 min ea.) \$475

Please contact Jaxson May to confirm Private Instruction [swimming@cottonwoodcc.org](mailto:swimming@cottonwoodcc.org)