

## Level Descriptions

The following descriptions are what your child will be learning in class. If they can already do these activities, they should be placed in the next highest level.

### Parent/Child (6 months - 3 years):

Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.

#### Child

- Safety in and around the pool.
- Water adjustment.
- Water entry.
- Exploration.
- Swimming on front.
- Swimming of back.
- Breath control..
- Changing directions.
- Water exit.

#### Parent

- Safety in and around the pool.
- Water entry.
- Support and holding techniques.
- Water exit.

### Non-swimmer:

Introduction to Water Skills: helps students feel comfortable in the water and to enjoy the water safely.

-Fully submerge face in water.

-Wall crawl.

-Blow bubbles.

-Enter and exit water without assistance.

-Supported kicking on front and back.

-Float on front and back (with help of noodle or power pack).

-Introduction to alternating arms.

-Introduction to elementary backstroke.

### Beginner:

Fundamental Aquatic Skills: introduces students to the fundamental skills of swimming.

- Hold breath and submerge head.
- Retrieve objects underwater
- Unsupported front and back float.
- Rhythmic breathing (Bobbing up and down).
- Flutter kick on front and back without help of instructor.
- Unsupported front and back glide.
- Demonstrate elementary backstroke.
- Introduction to freestyle.

### Intermediate:

Stroke Development: builds on the skills from beginner level by providing additional guided practice while introducing new skills.

- Unsupported freestyle.
- Coordinate freestyle stroke with rhythmic breathing.
- Retrieve objects from bottom of deep water.
- Sitting dive from the edge of pool.
- Introduction to backstroke and side stroke.
- Introduction to treading water.

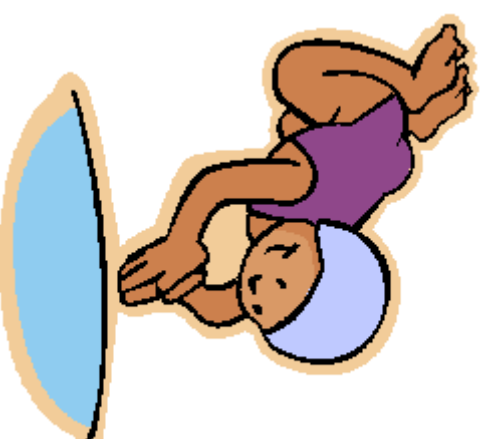
### Intermediate II:

Stroke Improvement: develops confidence in the strokes learned and to improve other aquatic skills.

- Demonstrate freestyle, backstroke, side stroke, and elementary backstroke.
- Introduction to breaststroke and butterfly.
- Introduction to flip turn and open turn.
- Treading water.
- Dive from edge of pool.

**Advanced:** Stroke refinement: provides further coordination and refinement of strokes.

- Demonstrate knowledge of all six strokes.
- Swimming underwater.
- Diving from diving board.
- Demonstrate flip turn and open turn.



# 2010 Rancho Santa Teresa Swim & Racquet Club Swim Lessons

# 2010

## Summer Swim Lessons

### Levels of Instruction:

- Parent / Child
- Non-Swimmer
- Beginner
- Intermediate
- Intermediate II
- Advanced

### Registration Information

Club member session fee: **\$90.00**

Non-member session fee: \$115.00

Registration is accepted on a first come, first serve basis.

Refer to the level descriptions on the back of the brochure to properly place your child.

Children must be at least 3 years old and "potty-trained" at the start of the session.

Payment in-full is required to register your child.

Registration for swim lessons does not authorize use of the facilities for non-members once the lesson is completed.

### Session Information

**Session I:** June 21-25 & June 28-July 1

**Session II:** July 12- 16 & July 19-22

**Session III:** August 2- 6 & 9-12

**Each lesson will be ½ hour each:**

- 10:30-11:00
- 11:00-11:30
- 11:30-12:00

Monday—Friday for the first week and Monday—Thursday the second week.

(Totalling 9 lessons per session)

**\*\*\*There are no make up lessons \*\*\***

If you have a certain time you would like to be scheduled, please make a note on your registration form. We will do our best to accommodate everyone.

Class size ranges from 2-6 students.

You will be notified-via telephone-one week prior to the start of the session as to what time slot and instructor you are registered with.

If you have any questions, please call the office at 227-5758 and ask or leave a message for Jessica Silva.

### Registration Form

Student's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Level	Session #	Age
	(I, II, or III)	

Parent / Child \_\_\_\_\_

Non-Swimmer \_\_\_\_\_

Beginner: \_\_\_\_\_

Intermediate \_\_\_\_\_

Intermediate II \_\_\_\_\_

Advanced \_\_\_\_\_

Amount \$ \_\_\_\_\_

\* Make checks payable to **Rancho Santa Teresa Swim and Racquet Club (RST&RC)**

Notes: (Special time or instructor requests)

Please cut along dotted line and return Registration Form to the office.