



**Swimming Lesson Form Summer 2016
Deposit Community Pool**

Child's Name: _____ Age: _____

Mailing Address:

Please list any allergies, medical conditions or special medications that the child has/is on that the lifeguards should be aware of:

Previous Swimming Lesson Class: _____

Parent/Guardian Signature: _____ Date: _____

Print Name: _____

Home Phone: _____ Work/Cell# _____

Swimming Level of Child (please check one):

____ Rubber Ducky (11:30) ____ Beginners (11:00 or 11:30)

____ Advanced Beginners/Intermediates (10:30)

____ Swimmers/Advanced Swimmers (10:00)

*** (Check attached sheet for description of classes/swimming ability level) ***

Sessions: Please choose which session you would like your child to participate in by putting a "1" next to the first choice and a "2" next to the second choice.

____ **I (July 11-July 22)** ____ **II (July 25-Aug 5)** ____ **III (Aug 8-Aug 19)**

If there were room in another session, would you like your child to participate in another session? Check Yes ____ or No ____ If yes- Session II ____ Session III ____

This form is **due back** to the *Village of Deposit Clerks Office* by **Monday, June 27th**. A slip with the class and session of your child's lesson will be mailed to the address you have provided above. We are also asking that a donation or raffle tickets be sold for swimming lessons to help with fundraising. If you have any questions please feel free to contact **Ashley Thomas at 607-222-8505**.

Swimming Lesson Classes

Advanced (can do all skills at the intermediate level):

- Work on Strokes- front, back, elementary back, side, breast and butterfly
- Diving and stride jumping
- Surface dives
- Lifesaving skills
- Tread water 5 minutes
- Work on stuff from lower levels

Intermediate (can do all of the advanced beginner's skills):

- Work on Strokes – front, back, elementary, side, breast
- Diving/diving for ring
- Swimming under water distance
- Stride jumping
- Tread water 3 minutes
- Work on stuff from lower levels

Advanced Beginners (can swim on own and do all of the beginner's skills):

- Strokes-Front, back, breast, elementary
- Swim under water
- No plugging nose
- Jump and swim
- Deep end test
- Dive rings in shallow end
- Begin diving
- Back float

Beginners (needs lifeguards for swimming (can do some of the below skills or is 4 years old)):

- Back float
- Go underwater, blowing bubbles
- No plugging nose
- Jump off feet first
- Glide off steps
- Grab diving ring off steps
- Swim with noodle
- Kick on side of pool
- Jump to lifeguard deep end
- Start working on doggy paddle/front crawl

Rubber Ducky:

- Parents take children into pool themselves (3 years and younger)