

# NVSwim Kids

## Sign Up Now!

|           |                      |                                    |
|-----------|----------------------|------------------------------------|
| SESSION 1 | June 28 - July 8     | Weekdays (Mon. - Thurs.)           |
| SESSION 2 | July 12 - July 22    | Weekdays (Mon. - Thurs.)           |
| SESSION 3 | July 26 - August 5   | Weekdays (Mon. - Thurs.)           |
| SESSION 4 | August 9 - August 13 | Weekdays (Mon. - Thurs. - 1 week)* |

\*Session 4 will be a limited scope based on interest.

### REGISTRATION, SCREENING, AND PAYMENT

- You may register and be screened for any session at any time.
- Screening is only necessary for the first session enrolled in.
- Registration sheets are provided at the front desk.
- A minimum of (4) four persons is necessary for each class. Semi-private lessons, at a proportional cost, may be offered if less than minimum number registers.
- Payment should be received no later than the Friday before the session begins.
- No child will be permitted to participate without payment.

### REGISTRATION AND PAYMENT MUST BE COMPLETED PRIOR TO START DATE!

Please note: A session must have a minimum of 10 students for group lessons to be held.

### COST

Please inquire at the front desk for cost of group and semi-private lessons.

Should you have any questions or problems pertaining to swim lessons, please contact the **POOL MANAGER** or the **SWIM LESSON COORDINATOR**

PLEASE NOTE: Group Swim Lessons (4-10 students) are taught by lifeguard personnel and are priced accordingly.

| JUNE 2010 |    |    |    |    |    |    |
|-----------|----|----|----|----|----|----|
| SU        | MO | TU | WE | TH | FR | SA |
|           |    | 1  | 2  | 3  | 4  | 5  |
| 6         | 7  | 8  | 9  | 10 | 11 | 12 |
| 13        | 14 | 15 | 16 | 17 | 18 | 19 |
| 20        | 21 | 22 | 23 | 24 | 25 | 26 |
| 27        | 28 | 29 | 30 |    |    |    |

| JULY 2010 |    |    |    |    |    |    |
|-----------|----|----|----|----|----|----|
| SU        | MO | TU | WE | TH | FR | SA |
|           |    |    |    | 1  | 2  | 3  |
| 4         | 5  | 6  | 7  | 8  | 9  | 10 |
| 11        | 12 | 13 | 14 | 15 | 16 | 17 |
| 18        | 19 | 20 | 21 | 22 | 23 | 24 |
| 25        | 26 | 27 | 28 | 29 | 30 | 31 |

| AUGUST 2010 |    |    |    |    |    |    |
|-------------|----|----|----|----|----|----|
| SU          | MO | TU | WE | TH | FR | SA |
| 1           | 2  | 3  | 4  | 5  | 6  | 7  |
| 8           | 9  | 10 | 11 | 12 | 13 | 14 |
| 15          | 16 | 17 | 18 | 19 | 20 | 21 |
| 22          | 23 | 24 | 25 | 26 | 27 | 28 |
| 29          | 30 | 31 |    |    |    |    |

Please See Back of Calendar for Class Descriptions and Helpful Tips !

## NVSWIM KIDS SCHOOL LEVELS

| <u>LEVEL</u> | <u>SKILLS THAT ARE TAUGHT</u>  | <u>SKILL THAT ARE REQUIRED TO GRADUATE</u>  |
|--------------|--|---|
| LEVEL 1      | <ul style="list-style-type: none"> <li>• FEELING COMFORTABLE IN THE WATER</li> <li>• PLACING FACE IN THE WATER</li> <li>• BLOWING BUBBLES</li> <li>• RHYTHMIC BOBBING</li> </ul>   | <ul style="list-style-type: none"> <li>• TEN SETS OF RHYTHMIC BOBS</li> <li>• WALK FIVE FEET IN THE WATER</li> </ul>                          |
| LEVEL 2      | <ul style="list-style-type: none"> <li>• SUPPORTED FRONT FLOAT</li> <li>• UNSUPPORTED FRONT FLOAT</li> <li>• FRONT FLOAT GLIDE</li> <li>• STREAMLINE WITH KICK</li> </ul>  | <ul style="list-style-type: none"> <li>• FRONT FLOAT WITH KICKING FOR TEN YARDS</li> </ul>  |
| LEVEL 3      | <ul style="list-style-type: none"> <li>• SUPPORTED BACK FLOAT</li> <li>• STREAMLINE BACK FLOAT</li> <li>• BACKFLOAT WITH KICK</li> <li>• SCULLING</li> </ul>   | <ul style="list-style-type: none"> <li>• BACK GLIDE WITH KICKING FOR TEN YARDS</li> </ul>   |
| LEVEL 4      | <ul style="list-style-type: none"> <li>• CRAWL STROKE</li> <li>• KICKING ON SIDE</li> <li>• RHYTHMIC SIDE KICKING</li> <li>• TREADING WATER</li> </ul>   | <ul style="list-style-type: none"> <li>• CRAWL STROKE FOR FIFTEEN FEET</li> <li>• TREAD WATER FOR THIRTY SECONDS</li> </ul>                   |
| LEVEL 5      | <ul style="list-style-type: none"> <li>• FREESTYLE ARMS WITH BREATHING</li> <li>• HIGH ELBOW &amp; CORRECT BODY POSITION</li> <li>• BACKSTROKE WITH RECOVERY AND REACH</li> <li>• TURNING OVER FROM BACK TO FRONT</li> </ul> | <ul style="list-style-type: none"> <li>• SWIM FREESTYLE FOR FIFTEEN YARDS</li> <li>• SWIM BACKSTROKE FOR FIFTEEN YARDS</li> </ul>             |
| LEVEL 6      | <ul style="list-style-type: none"> <li>• INVERTED BREASTROKE</li> <li>• ELEMENTARY BACKSTROKE PULL AND KICK</li> <li>• SIDESTROKE</li> </ul>   | <ul style="list-style-type: none"> <li>• SWIM ELEMENTARY BACKSTROKE FOR FIFTEEN YARDS</li> <li>• SWIM SIDESTROKE FOR FIFTEEN YARDS</li> </ul> |
| LEVEL 7      | <ul style="list-style-type: none"> <li>• BREASTROKE PULL AND KICK WITH TIMING</li> <li>• BUTTERFLY KICK</li> <li>• BUTTERFLY ARMS</li> </ul>   | <ul style="list-style-type: none"> <li>• SWIM BREASTROKE FOR FIFTEEN YARDS</li> <li>• SWIM BUTTERFLY FOR 10 YARDS</li> </ul>                  |
| LEVEL 8      | <ul style="list-style-type: none"> <li>• FEELING DIVE</li> <li>• STANDING FRONT DIVE</li> <li>• FREESTYLE FLIP TURN</li> <li>• BACKSTROKE FLIP TURN</li> </ul>   | <ul style="list-style-type: none"> <li>• DIVING INTO THE POOL</li> <li>• FRONT OPEN TURN</li> <li>• BACK OPEN TURN</li> </ul>                 |

**WE LOOK FORWARD TO A  
REWARDING EXPERIENCE FOR YOUR CHILD AND YOU !**

## TIPS FOR PARENTS OF SWIM LESSON STUDENTS

### MOTIVATION

- **BE ENTHUSIASTIC AND POSITIVE ABOUT THE LESSON PROGRAM!** Encourage your child to participate in class, but don't force the issue. Let your child know that the learning involves making mistakes and encourage another try.
- **HAVE PATIENCE!** It is important that you do not pressure your child to perform before he or she is ready.
- **AVOID COMPARISONS.** Each child learns at a different pace depending on factors such as physical growth and development, coordination, comfort, practice and previous experience.
- **GIVE PRAISE!** Recognize your child's efforts, no matter how small the accomplishment. Children are not motivated by failure or ridicule.

### GUIDANCE

- **BE PROMPT!** Allow plenty of time before and after class for showering and dressing. Children sense tension caused by hurrying.
- **ATTEMPT TO ATTEND EVERY LESSON.** Frequency is the key to adjustment and learning. Bring your child to the pool often and **ENCOURAGE PRACTICE.**
- **REINFORCE** Those skills being taught by the instructor. Work with your kids in the water.
- **ENCOURAGE SAFETY!** Remind your children to walk slowly within the pool and bathhouse areas.
- **DON'T BRING YOUR CHILD TO LESSONS IF HE OR SHE IS NOT FEELING WELL.**
- **ADJUST THE PLANNED EATING SCHEDULE.** It is best not to have eaten immediately before the class. Avoid citrus products before class, as citric acid increases the chances of stomach discomfort.
- **PROVIDE TOWELS.** Bring plenty of towels for drying off after class.
- **ENSURE** that your child knows **WHERE TO GO** for the start of each class.