

TURTLES LEARN-TO-SWIM PROGRAM

AT

WEXFORD LEAS SWIM CLUB

The *Turtles Learn-to-Swim Program* is offered at the **Wexford Leas Swim Club** to children of member families. Learn to Swim group lessons are offered from 12:00pm to 1:30pm during the summer. The primary goal of the learn to swim program is to teach and improve the swimming ability of our children in a fun and safe environment. Our program focuses on safety, skill development and fun.

TURTLE LEARN-TO-SWIM LESSON GROUPS

The following are guidelines to be used for the placement of swimmers into skill and age appropriate lesson groups. Parents will register their child/children into the group they feel best describes their ability as a swimmer. Information provided by the parent and swimming history of the child will guide coordinators and coaches in proper placement of swimmer.

NON-SWIMMER – AGES 3 AND UP

This group will focus on floating, kicking (using a kickboard), breathing, stroke mechanics, water entry and swimming independently. Children must be potty-trained and able to follow verbal commands. Children who show great fear of the water should arrange private lessons (offered by our lifeguards).

BEGINNER – AGES 4 AND UP

This group is similar to the Non-Swimmer Group, but will proceed at a more rigorous pace. Children should be fearless and able to place entire face underwater. They should be able to use a kickboard without assistance and attempt to swim without assistance. Children should also be able to support themselves on the wall for extended periods of time.

INTERMEDIATE – AGES 5 AND UP

This group is geared towards children that know how to swim independently, but do not use correct stroke mechanics. Children will learn the correct stroke mechanics for freestyle and backstroke. Children must be able to hold their breath under water and demonstrate a form of freestyle stroke. They should be able to use a kickboard without assistance and attempt to swim without assistance. Children should also be able to support themselves on the wall for extended periods of time.

REGISTRATION, EVALUATION & SWIM GROUP PLACEMENT

Parents should register their child/children for the group they feel best describes their skill level. Children will be evaluated on their ability to put their face in the water, use a kickboard, distance they can swim independently, and correct stroke mechanics. The swimmers will then be placed into a lesson group based on their own swim ability. Please note that the lessons will be offered from noon to 1:30. If within the first week your child demonstrates greater or lesser ability to their group level, they may be changed to a different group and time based on their ability.

LESSON GROUPS & TIMES

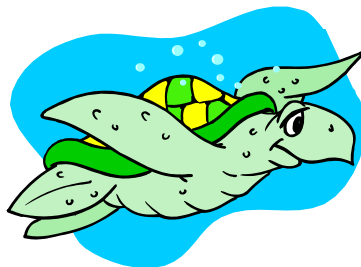
Each lesson group will consist of a 30 minute lesson held at least two days a week for six weeks. You may register for a Monday/Wednesday group, Tuesday/Thursday group or both groups Monday-Thursday group. Lessons will be held for six weeks from June 28th to August 5th.

COST

Swimmers in the *Turtles Learn-to-Swim Program* must be children of families who are members of the Wexford Leas Swim Club (for more information on joining our club, please visit wexfordleasswimclub.org or email Bill Harris at weharris01@verizon.net).

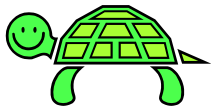
The cost for each two-day lesson group is \$45 for twelve 30-minute lessons. You may sign-up for both Mon/Wed and Tue/Thurs groups to participate in lessons Monday-Thursday at a cost of \$85.

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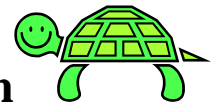


If you would like your child to participate in the *Turtles Learn to Swim Program*, please complete the attached form and return it to Jenn Cunningham at the following address:

Jenn Cunningham
107 Ashford Road
Cherry Hill, NJ 08003



2010 Turtle Learn To Swim Registration



Last Name: _____

Parent/Guardian Name(s) _____

Address: _____

Home Phone: _____ Cell Phone: _____

Emergency Contact: _____ Phone: _____

E-Mail: _____

Please choose the days of the week you are interested in:
(Mon/Wed, Tues/Thurs or Mon-Thurs)

<u>Swimmer's Name</u>	<u>Sex</u>	<u>Date of Birth</u>	<u>Day of Week</u>	<u>(Youth) T-Shirt Size</u>
_____	___	___/___/___	M/W T/Th Both	S, M, L
_____	___	___/___/___	M/W T/Th Both	S, M, L
_____	___	___/___/___	M/W T/Th Both	S, M, L

Please answer the following questions for each child:

Name: _____

Age (as of 6/15/2010) _____

- Are they afraid of the water?
- Will they follow a verbal request?
- Will they put their face in the water?
- Will they use a kickboard?
- Can they hold their breath under water?
- How far can they swim by themselves?
- Do they use freestyle arm movements?
- Do they use freestyle/side breathing?
- Do they have their band?

1. Yes	No	1. Yes	No	1. Yes	No
2. Yes	No	2. Yes	No	2. Yes	No
3. Yes	No	3. Yes	No	3. Yes	No
4. Yes	No	4. Yes	No	4. Yes	No
5. Yes	No	5. Yes	No	5. Yes	No
6. _____	yards	6. _____	yards	6. _____	yards
7. Yes	No	7. Yes	No	7. Yes	No
8. Yes	No	8. Yes	No	8. Yes	No
9. No	L M H	9. No	L M H	9. No	L M H

I am willing to be a parent volunteer?

YES

NO