



MARY SIAH RECREATION CENTER

459-1082



September - December 2010

TUESDAY AND THURSDAY

<u>Session Dates</u>	<u># of classes</u>	<u>Costs</u>	<u>Registration Date</u>
August 24 - September 16	8 classes	\$52.00/\$56.00	August 17 8:00a
September 21- October 14	8 classes	\$52.00/\$56.00	August 17 8:00a
October 26-November 18 No class November 11	7 classes	\$45.50/\$49.00	October 19 8:00a
November 30- December 16	6 classes	\$39.00/\$42.00	October 19 8:00a
Parent/Child	10:45-11:15a		
Preschool	10:00-10:30a	10:45-11:15a	3:30-4:00p 4:00-4:30p
Adv. Preschool	10:00-10:30a	3:30-4:00p	
Level 1/2	4:00-4:45p		
Level 3	4:00-4:45p		



SATURDAY

<u>Session Dates</u>	<u># of classes</u>	<u>Costs</u>	<u>Registration Date</u>
August 21-September 18	5 classes	\$32.50/\$35.00	August 14 8:00a
September 25-October 23	5 classes	\$32.50/\$35.00	September 18 8:00a
November 6-December 11 No class Nov. 27	5 classes	\$32.50/\$35.00	October 23 8:00a
Parent/Child	10:00-10:30a	11:15-11:45a	
Preschool	10:30-11:00a	10:45-11:15a	11:15-11:45a
Adv. Preschool	12:00-12:30p		
Level 1/2	10:00-10:45a		
Level 3	11:45-12:30p		

COURSE DESCRIPTION AND LEARNING OBJECTIVES

Parent/Child Familiarize young children (6month to about 3 years) to the water and prepare them to learn to swim. This course is not designed to teach children to become good swimmers or to survive in the water on their own. A parent or caregiver must accompany each child into the water and participate in each class. Skills introduced are exploring buoyancy on the front and back, front and back glide, combined stroke on front and back, the importance of wearing a lifejacket and experience wearing one.

Preschool- Orient preschool children to the aquatic environment and help them acquire rudimentary levels of basic aquatic skills such as entering the water safely, blowing bubbles, submerging face, front and back floating, and simultaneous and alternating arm and leg actions with and without support.

Adv. Preschool- Increase proficiency and build on the basic skills learned in Preschool 1 & 2 by providing additional practice with increased distances and times. Skills at this level should be performed with minimal assistance.

Level 1- Students will focus on developing good swimming habits and safe practices in and around the water. Skill will include blowing bubbles, submerging face and opening eyes underwater, front and back floats and alternating and simultaneous arm and leg action on the front and back with and without support.

Level 2- Students will build on skills from Level 1 including learning how to float without support and recover from a vertical position. Skills will include changing direction while swimming, treading water, how to recognize an emergency and safety in and around the water to include the use of lifejackets. Most skills should be performed without support and with the face in the water.

Level 3- Students will continue to build on Level 2 skills and will spend time in deep water while practicing. Skills will include headfirst entries into deep water, survival float, flutter, scissor, dolphin and breaststroke kicks and front crawl and elementary backstroke. All skills should be performed without assistance and students should be very comfortable with their face in the water.

Registration Procedure

1. When the front doors open, please pick up the lesson registration paperwork located at the table in the lobby.
2. Fill out all the paperwork and turn it in, along with your payment, at the front desk. We can accept cash and checks only.
3. All forms and payment must be turned in to secure your child's spot in lessons.
4. You may pick up your receipt on the first day of class.
5. Please refer to Policy for Refunds for Instructional Programs before registering.

Adult Lessons September - December

Session Dates	# of classes	Costs	Registration Date
Sept. 7-16	4 classes	\$28.00	August 24 5:00p
Sept. 21-30	4 classes	\$28.00	August 24 5:00p
Oct. 5-14	4 classes	\$28.00	September 30 5:00p
Oct 26-Nov 4	4 classes	\$28.00	September 30 5:00p
Nov. 9-18 No class Nov. 11	3 classes	\$21.00	November 4 5:00p
Nov 30- Dec 9	4 classes	\$28.00	November 4 5:00p

Adult Lessons Tuesday and Thursday 5:30-6:30p

Adult Lessons September - December

Session Dates	# of classes	Costs	Registration Date
Sept. 7-16	4 classes	\$28.00	August 24 5:00p
Sept. 21-30	4 classes	\$28.00	August 24 5:00p
Oct. 5-14	4 classes	\$28.00	September 30 5:00p
Oct 26-Nov 4	4 classes	\$28.00	September 30 5:00p
Nov. 9-18 No class Nov. 11	3 classes	\$21.00	November 4 5:00p
Nov 30- Dec 9	4 classes	\$28.00	November 4 5:00p

Adult Lessons Tuesday and Thursday 5:30-6:30p