

YOUTH SWIM LESSONS



NEW THIS YEAR...Swim Lessons given at Brookwood Swim Club (1565 W. Dean Road). There will be eight different class levels offered: Infant & Preschool, Water Exploration, Primary Skills, Stroke Readiness, Stroke Development, Stroke Refinement, Skill Proficiency, and Advance Skills. Sign up for the level you feel your child needs to be in. The instructor will change their level if needed. **All lessons are 30 minutes. Class limit of 10 swimmers. Rain dates made up at the end of the session.**

<p>7 Levels of Instruction Available</p>	<p><u>LEVEL 1</u> Water Exploration little/no water experience comfortable & safe in water</p>	<p><u>LEVEL 2</u> Primary Skills success with fundamentals must be able to touch pool floor in 3 feet of water</p>	<p><u>LEVEL 3</u> Stroke Readiness control in water build endurance introduce front crawl introduce back crawl</p>
<p><u>LEVEL 4</u> Stroke Development build endurance w/strokes introduce breaststroke introduce backstroke</p>	<p><u>LEVEL 5</u> Stroke Refinement coordination polish strokes introduce butterfly</p>	<p><u>LEVEL 6</u> Skill Proficiency distance - swim with ease power & efficiency</p>	<p><u>LEVEL 7</u> Advanced Skills performing strokes explore other aquatic activities</p>

<p>All Sessions Meet at Brookwood Swim Club Monday thru Friday 11:00-11:30am \$30.00/session</p>	<p>4 Different Sessions Session 1 - June 28, 29, 30 July 1, 2 Session 2 - July 5, 6, 7, 8, 9 Session 3 - July 19, 20, 21, 22, 23 Session 4 - July 26, 27, 28, 29, 30</p>
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YOUTH SWIM REGISTRATION - SUMMER 2010

Session: _____ Level: _____ Start Date: _____ Time: _____
 Name: _____ Home Phone: _____
 Parent's Name: _____ Cell Phone: _____
 Address: _____ City: _____ Zip: _____
 Age: _____ Grade: _____ School: _____ Please Circle: BOY GIRL
 Emergency Contact: _____ Emergency Phone: _____

Please return registration forms and payments to the Community Education office - 1623 W. Sterns Road. If you would like additional information about the swim team, lesson cancellation, or about becoming a member of Brookwood, please feel free to contact Brookwood at 734-847-8564.