



**LEARN TO SWIM PROGRAM** Welcome to the Burkwood Swim & Racquet Club Aquatics Department! With our *Learn to Swim* program, Burkwood's goal is to provide participants with a positive, and fun learning experience while teaching them to be safe in and around the water. We provide 7 levels of instruction including Baby & Me. Please note that all classes are not taught every session.

## Class Descriptions

**Mommy and Me: WATER ADJUSTMENT:** This course is designed for parents and their infants 6 months to 3 years of age. Parents & infants get into the water with an instructor. Instructors will guide parents in building water confidence with their infants. Instructors use toys, along with songs & nursery rhymes to adapt the children to the water.

**Level 1: WATER EXPLORATION:** (Ages 3- 6) The objective of Level One is to help students feel comfortable in the water, and to enjoy water safely. At this level, students float, blow bubbles, & also start developing good attitudes & safe practices around the water. For those students who can put their head underwater comfortably they may want to start at the next level.

**Level 2: FUNDAMENTAL AQUATIC SKILLS:** (Ages 3- 6) The objective of Level Two is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. This level marks the beginning of locomotion skills and adds to the self-help and basic rescue skills begun in Level One.

**Level 3: STROKE DEVELOPMENT:** (Ages 5- 10)  
The objective of Level Three is to build on the skills learned in Level Two. Students learn to coordinate the front and back crawl while being introduced to elementary backstroke and treading water. As in all levels, additional safety skills are presented.

**Level 4: STROKE IMPROVEMENT:** (Ages 5- 10) Level Four is for students to develop confidence in the strokes learned thus far, & improve other aquatic skills. Students work to increase endurance by swimming familiar strokes for longer distances. Students are introduced to breaststroke, & the basics of turning at the wall.

**Level 5: STROKE REFINEMENT:** The objective in Level Five is for students to learn coordination and refinement of keystrokes. Butterfly, open turns, and feet first surface dives are taught. Students work to swim increased distances and to perform the sidestroke and breaststroke proficiently.

**Level 6: STROKE PROFICIENCY:** The objective in Level Six is to polish strokes and swim them with more ease, efficiency, power and smoothness over greater distances. Participants develop considerable endurance at the end of this course. Instructors introduce additional competitive turns.

**REGISTRATION INFORMATION:** Registration for all sessions will take place at the Outdoor Pool front desk, anytime during regular pool hours. Monday thru Sunday, 10 AM to 5 PM. If you are unsure of your child's level, please bring your child, with swim suit, to the pool during registration for an evaluation, or speak with our swim staff. The minimum age for swim lessons is 3 1/2 years of age, except for Baby and Me. **Call Katie at 730-9596 for information.**

**COST: (Payment is due upon registration)**

**Morning Lessons** consist of four, 30 minute lessons Monday thru Thursday, for two weeks.

**Afternoon Lessons** consist of three, 40 minute lessons, Tuesday thru Thursday, for two weeks.

**Member fees:** 1<sup>st</sup> Child \$40.00  
Each additional child \$30.00

\*\*In order for the Burkwood's family member discount to apply, family members must be enrolled in the same session (no exceptions).

**Non-Member fee,** per child: \$75.00

***In case you're interested.....***  
**Burkwood also offers Private Lessons and Semi- private Lessons.**

**Private Lessons** for Members is \$15.00 per half hour lesson.  
**Semi-private Lessons :** 2 children - \$20.00.

**Non-Members, Private Lessons** for \$30.00 per half hour lesson.  
**Non-Members, Semi-Private Lessons :**  
 2 children, \$40.00 per half hour lesson.

**Please talk with our Swim Coordinator if Private or Semi- Private Lessons interest you!**

**\*\*Refunds will only be given with an excuse from a physician. No other refunds or make-ups are offered.\*\***

## LEARN TO SWIM CLASS SCHEDULE

(Morning Classes)

**\*Payment is due upon registration.\***

Class Times: 9:05-9:35   9:45-10:15

### SESSION 1



<b>June 1- 11</b>	Level 1	Level 1
	Level 2	Level 1
	Level 3	Level 2

### SESSION 3

<b>June 15-25</b>	Level 2	Level 1
	Level 2	Level 2
	Level 3	Level 2
	Mommy & Me	Level 3

### SESSION 5

<b>June 29- July 9</b>	Level 2	Level 1
	Level 2	Level 2
	Level 3	Level 3
	Level 2	Level 4

### SESSION 7

<b>July 13- July 23</b>	Level 4	Level 1
	Level 5	Level 2
	Level 2	Level 3
	Level 3	Level 3

### SESSION 9

<b>July 27- Aug 6</b>	Level 4	Level 1
	Level 5	Level 2
	Level 2	Level 3
	Level 3	Level 2

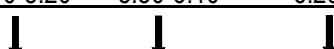
## LEARN TO SWIM CLASS SCHEDULE

(Afternoon Classes)

**\*Payment is due upon registration.\***

Class Times: 4:40-5:20   5:30-6:10   6:20-7:00

### SESSION 2



<b>June 9- 18</b>	Level 1	Level 1	Level 1
	Level 2	Level 2	Level 2
	Level 3	Level 2	Level 2

### SESSION 4

<b>June 23- July 2</b>	Level 1	Level 1	Level 1
	Level 2	Level 2	Level 2
	Level 3	Level 2	Level 2
	Mommy & Me	Level 3	Level 3

### SESSION 6

<b>July 17-26</b>	Level 1	Level 1	Mommy and Me
	Level 2	Level 1	
	Level 3	Level 2	Level 2
	Level 3	Level 2	Level 1

### SESSION 8

<b>July 21- 30</b>	Level 1	Level 1	Level 1
	Level 2	Level 2	Level 2
	Level 3	Level 2	Level 2
	Level 3	Mommy & Me	Level 3

Learn to Swim Registration: (Member) Name: \_\_\_\_\_ Member #: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell # \_\_\_\_\_

Childs Name: \_\_\_\_\_ Age: \_\_\_\_\_ D.O.B \_\_\_\_\_ Private \_\_\_\_\_ or Group Lesson \_\_\_\_\_

Session Number: \_\_\_\_\_ Time : \_\_\_\_\_ Level: \_\_\_\_\_

Pay Cash: \$ \_\_\_\_\_ or Check \$ \_\_\_\_\_ /Check # \_\_\_\_\_

DATE: \_\_\_\_\_ Signature \_\_\_\_\_

**\*\*Fill out one form per child.\*\***

\*As an individual signing up myself, or my child for swim lessons, I do release Burkwood Swim and Racquet Club and All Staff, from All responsibility, accident or injury incurred during my visit to the facility. I have read and understood the foregoing release, and I agree to the terms of this entire release form.

Learn to Swim Registration: (Member) Name: \_\_\_\_\_ Member #: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell # \_\_\_\_\_

Childs Name: \_\_\_\_\_ Age: \_\_\_\_\_ D.O.B \_\_\_\_\_ Private \_\_\_\_\_ or Group Lesson \_\_\_\_\_

Session Number: \_\_\_\_\_ Time : \_\_\_\_\_ Level: \_\_\_\_\_

Pay Cash: \$ \_\_\_\_\_ or Check \$ \_\_\_\_\_ /Check # \_\_\_\_\_

DATE: \_\_\_\_\_ Signature \_\_\_\_\_

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