

New Milford Swim Club

2017 Swim Lesson – FAQ

Q. How old do you need to be to participate?

A. Group swim lessons are offered to children ages 4 - 15. Mommy & Me lessons are offered to infants 12 months and older. (Beginners Only - No screening for Mommy and Me)

Q. How are levels determined?

A. Participants are screened by certified Water Safety Instructors. During the screening, instructors will ask children to show various skills and will be placed in a certain level according to the child's swimming abilities. (All beginner's [having no experience of swimming] will be placed in Level 1 and will not be screened.)

Q. How much do lessons cost?

A. Bonded members: lessons are \$40 per child (first two siblings); \$25 per sibling thereafter.
Unbonded members: \$65 per child – no sibling discount
Non-members: \$130 per child – no sibling discount

Q. Many lessons per session?

A. There are eight (8) thirty (30) minute lessons.

Q. When do lessons take place?

A. Lessons take place Monday/Wednesday or Tuesday/Thursday. Session dates and times will be allocated on a FIRST COME basis at registration.

Q. Do you have make-up sessions?

A. Our rain day is Friday. If a lesson is cancelled due to inclement weather it will be rescheduled on a Friday. We do not have makeup sessions. If you have extenuating circumstances please contact the Club Manager.

Q. How do I register?

A. In-person registration will take place on June 24th, 26th and 28th from 10am -12 pm. Adult must accompany swimmer to pool for screening assessment. Once screened by water safety instructor and assigned to a swim lesson level, registrations must be completed and paid for at the registration table. You will be assigned to a session date and time on the spot. Payment **MUST** be made at time of registration. We will not be able to hold spots without payment and screening.

Swim Lesson Levels

<p>Level 1</p>	<p>Water Skills: Helps participants feel comfortable in the water. • Enter and exit water using ladder, steps or side • Blow bubbles through mouth and nose • Bobbing • Open eyes underwater and retrieve submerged objects • Front and back glides and floats • Recover to vertical position • Roll from front to back and back to front • Tread water using arm and hand actions • Alternating and simultaneous leg actions on front and back • Alternating and simultaneous arm actions on front and back • Combined arm and leg actions on front and back</p>
<p>Level 2</p>	<p>Fundamental Aquatic Skills: Gives participants success with fundamental skills. • Enter and exit water by stepping or jumping from the side • Fully submerge and hold breath • Bobbing • Open eyes underwater and retrieve submerged objects • Front, jellyfish and tuck floats • Front and back glides and floats • Recover to vertical position • Roll from front to back and back to front • Change direction of travel while swimming on front or back • Tread water using arm and leg actions • Combined arm and leg actions on front and back • Finning arm action</p>
<p>Level 3</p>	<p>Stroke Development: Builds on the skills in Level 2 through additional guided practice in deeper water. • Enter water by jumping from the side • Headfirst entries from the side in sitting and kneeling positions • Bobbing while moving toward safety • Rotary breathing • Survival float • Back float • Change from vertical to horizontal position on front and back • Tread water • Flutter, scissor, dolphin and breaststroke kicks on front • Front crawl and elementary backstroke.</p>
<p>Level 4</p>	<p>Stroke Improvement: Develops confidence in the skills learned and improves other aquatic skills. • Headfirst entries from the side in compact and stride positions • Swim under water • Feet first surface dive • Survival swimming • Front crawl and backstroke open turns • Tread water using 2 different kicks • Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly • Flutter and dolphin kicks on back.</p>
<p>Level 5</p>	<p>Stroke Refinement: Provides further coordination and refinement of strokes. • Shallow-angle dive from the side then glide and begin a front stroke • Tuck and pike surface dives, submerge completely • Front flip turn and backstroke flip turn while swimming • Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly • Sculling.</p>
<p>Level 6</p>	<p>Swimming and Skill Proficiency: Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with “menu” options that focus on preparing participants for more advanced courses, including the Water Safety Instructor, or other aquatic activities. Options include: • Fitness Swimmer • Personal Water Safety.</p>
<p>Mommy/ Daddy & Me!</p>	<p>A Head Start to Water Skills: Mommy and Me swim lessons teaches the importance of creating boundaries in and around water focusing on water adjustment, safety skills, and breath control. The child will adjust to the water and over time become independent in many water activities - allows the infant to experience water safety and familiarize themselves in the water by floating on the surface and swimming underwater. Parents must be willing to allow their infant to go underwater and give the infant some independency in the water.</p>