

DENISON UNIVERSITY

SWIM LESSON REGISTRATION SPRING 2010

Please print clearly

- Your name _____
- Phone _____ Department _____
- Email _____

There will be eight lessons held on Mondays and Wednesdays. The lessons start Wednesday, March 31 and end Monday, April 26. **Lesson dates:** March 31, April 5, 7, 12, 14, 19, 21, 26

Every effort will be made to sign your child up to the preferred session. Lessons will be offered at two time slots:

- **Session 1:** Mondays and Wednesdays 5-5:30pm on the above 8 dates
- **Session 2:** Mondays and Wednesdays 5:40-6:10pm on the above 8 dates

Complete the following information for each child – Ages 4 and above only!

Child's name	Age – DOB	Swimming Level	Preferred Session: 1 or 2

Use the below guide to estimate your child's swimming level.

Red Cross Level 1 – Introduction to Water Skills: Child is a beginner and just learning to feel comfortable in the water; may not like to get face wet or head under the water

Red Cross Level 2 – Fundamental Aquatic Skills: Child is comfortable in the water; can fully submerge and hold breath; may be able to bob up and down and swim on front (dog paddle).

Red Cross Level 3 – Stroke Development: Child is comfortable in the water; can jump off the side of the pool and is starting to make progress swimming on the front and/or back.

Red Cross Level 4 – Stroke Improvement: Child can dive off the side of the pool, swim 1 length and is starting to develop the fundamental skills of several competitive swimming strokes.

Red Cross Level 5 – Stroke Refinement: Child has learned the racing start from the side of the pool; can perform the competitive strokes and flip turns; can swim 2 lengths of the pool.

Red Cross Level 6 – Swimming and Skill Proficiency: My child is starting to develop proficiency with the competitive swimming strokes.