



# Schoharie Community Pool

## 2024 Swim Lesson Registration

schohariepool@gmail.com



**American Red Cross**

Swimmer's name: _____		Age: _____	Gender: M/F
Ethnicity/Race (optional) White____; Black or African American____; Hispanic or Latino____; American Indian or Alaskan Native____; Asian____; Native Hawaiian or other Pacific Islander____ (We request ethnicity to support our funding and grant applications; You may check more than one; You may decline to answer.)			
<b>2024</b> Lessons are offered Monday-Friday <b>2024</b> Session I July 1 <sup>st</sup> – July 12 <sup>th</sup> (Registration Deadline 6/27) Session II July 15 <sup>th</sup> – July 26 <sup>th</sup> (Registration Deadline 7/11) <b>Circle the lesson level and session time requested below</b> <i>See back of sheet for a general description of each lesson level.</i>			
Lesson Readiness	Session I 11:00 – 11:30am Session II 11:00 – 11:30am	Session I 5:00 – 5:30pm Session II 5:00 – 5:30pm	
1: Beginner	Session I 10:30 – 11:00am Session II 10:30 – 11:00am	Session I 5:30 – 6:00pm Session II 5:30 – 6:00pm	
2: Advanced Beginner	Session I 10:00 – 10:30am Session II 10:00 – 10:30am	Session I 5:00 – 5:30pm Session II 5:00 – 5:30pm	
3: Stroke Development	Session I 10:30 – 11:00am Session II 10:30 – 11:00am	Session I 5:30 – 6:00pm Session II 5:30 – 6:00pm	
4: Stroke Improvement	Session I 10:00 – 10:30am Session II 10:00 – 10:30am	Session I 5:30 – 6:00pm Session II 5:30 – 6:00pm	
5: Stroke Refinement	Session I 9:30 – 10:00am	Session II 9:30 – 10:00am	
6: Fitness Swimmer	Session I 9:30 – 10:00am	Session II 9:30 – 10:00am	
Parent / Tot	Tues. & Thurs. (July 2 <sup>th</sup> -Aug 1 <sup>st</sup> )	11:30am-12pm	
<b>Private Swim Lesson for children or adults: \$15/ half hour lesson</b> Number of lessons requested _____ Lesson Level Anticipated _____ Number of swimmers in the lesson _____ (add \$5/lesson for each additional child in the lesson)			
<b>Parent/Guardian's Name:</b> _____			
Cell Phone: _____		Do you want a text confirming registration? Yes/No	
Please circle the municipality in which you live: Central Bridge (Town of Esperance)    Central Bridge (Town of Schoharie)    Esperance (Village)    Esperance(Town) Schoharie (Village)    Schoharie (Town)    Wright (Town)    Other _____			

**\$50 per Swimmer per Session** (covers the entire block of Parent /Tot)

Make checks payable to **Schoharie Recreation Commission**

Mail form to or drop off at: Schoharie Village Office PO Box 219 300 Main St. Schoharie, NY 12157  
 If other financial arrangements need to be made, contact the Pool Director at schohariepool@gmail.com

Parents/Guardians/Adults: I agree to assume any costs involved in the event of an accident or injury as the Schoharie Recreation Commission does not purchase this type of insurance.

Signature \_\_\_\_\_ Date \_\_\_\_\_

\* Lesson blocks are filled on a first come, first serve basis. If a class becomes full, additional lesson times may be offered. Parents/Guardians will be notified of any changes as soon as possible.

\*Please, note that lessons are scheduled for 10 classes to allow for potential cancellations due to weather. If we are unable to complete at least 8 lessons, make-up lessons times will be offered.

**Schoharie Village Office – (518) 295-8500 / Pool Phone (518) 295-8163**  
**Watch for updates on our FaceBook page- Schoharie Community Pool**

## **Parent and Tot– Age: 6 months – 3 years**

Designed to give young children a head start on swimming, to get comfortable in the water and begin to work on basic skills while interacting with instructor and other children in a fun and safe environment. Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. Lessons are fun-filled and help introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy.

## **Lesson Readiness-**

This level is designed for the young swimmer that likes to be around the water but is anxious about letting go of the wall, clings to the stairs, or is too advanced for Parent and Tot but not independent enough in the water for Level 1. Arm swimmyies and life jackets are NOT ALLOWED during lessons.

## **Level 1 – Beginner: Introduction to Water Skills**

For the beginner who is comfortable in the water.

Children that will not enter the water independently should be registered for Lesson Readiness.

Swimmers learn basics of swimming: bobbing, going under water, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kick, supported front crawl arms and jumping in.

## **Level 2 – Advanced Beginner: Fundamental Aquatic Skills**

Swimmers should already be able to float on front and back and put head under water.

Swimmers will work on: independent front and back floating, independent rolling over from front to back and back to front, independent front and back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.

## **Level 3 – Stroke Development**

Swimmers should already be comfortable swimming front crawl and swimming on their back.

Swimmers will work on: gliding, front crawl with side breathing, backstroke, breaststroke and dolphin kicks, retrieving objects in deeper water, treading water, and jumping into deep water.

## **Level 4 – Stroke Improvement**

Swimmers should already be able to: swim front and back crawl 25 yards.

Swimmers will work on: rotary breathing, freestyle, backstroke, elementary backstroke, scissors kick and sidestroke, whip kick and breaststroke, open turns on front and back, treading water with modified scissors, and diving in kneeling & standing position.

## **Level 5 – Stroke Refinement**

Swimmers should already be able to: swim freestyle, breaststroke and backstroke 25 yards, scissors kick, whip kick, treading water, and dive.

Swimmers will work on: alternate breathing, stride jump, refinement of freestyle, backstroke, elementary backstroke, sidestroke, breaststroke, dolphin kick and butterfly, flip turns on front and back, feet-first surface dive, and treading water.

## **Level 6 – Swimming & Skill Proficiency**

Swimmers should already be able to: swim front and back crawl 50 yds, elementary backstroke 25 yards, breaststroke 25 yards, butterfly 25 yards, sidestroke 10 yards, tread water for 3 minutes, and dive.

Swimmers will work on: All six strokes, front and back crawl flip turn, breaststroke turn, breaststroke speed turn and pullout, butterfly turn, sidestroke turn, pike and tuck surface dive, pike and tuck dive from board, tread water for five minutes, and basic water rescue.