

## **RED CROSS SWIMMING LESSONS- 2015**

Swim Lessons will be offered at Lake Wyola State Park. There will be two sessions this summer. The first session will run from July 6 – July 17. The second session will run from July 20 – July 31 . Children are to be supervised by a parent or guardian. Registration will be a first come first serve basis. The cost for lessons is \$35.00 per child each session. Weeks cannot be split between sessions. This includes parking only during lessons. Checks are to be made out to the Town of Shutesbury. Checks are non-refundable.

### **9:00 - 9:30 - Level 5 & 6**

Level 6 - will improve upon speed, endurance, and stroke skills. New safety skills will be introduced in this class. It will be focused on Lifeguard Readiness.

Level 5 - Students will work on stroke refinement and improve upon endurance and previously learned strokes. Must be able to perform level 4.

### **9:30- 10:00 Level 4**

Goal is to build confidence, coordination, and endurance for Crawl, Breast, Back and Side strokes. Also, to build on personal water safety skills and helping others.

### **10:00 - 10:30 Level 3 - Stroke Development**

Build on basic fundamentals for all the front and back strokes.

### **10:30 - 11:00 Level 2 - Fundamental Skills – Can go underwater willingly.**

Goal is to learn the basic fundamental swimming skills for front and backstrokes, build confidence, learn about safety and self-safety skills such as floating, kicking, rolling and breath control.

### **11:00 - 11:30 Level 1 - Water adjustment skills;**

Breathing & floating on front and back, kicking, body positioning and buoyancy. Ages 5 & up.

**Send registration and check to Swim Lesson Program. P.O. Box 21, Shutesbury, Ma 01072. Deadline June 22. Please do not split weeks. Thanks.**

Child \_\_\_\_\_ Level \_\_\_\_ Age \_\_\_\_ Session \_\_\_\_

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Address \_\_\_\_\_ Phone \_\_\_\_\_

PARENTS SIGNATURE \_\_\_\_\_

You will be notified if the class you selected if full, otherwise you are registered if the above is sent in prior to the deadline. Thanks for your support.

Contact information is necessary if class is cancelled due to weather and you would like to be notified.

The Town of Shutesbury, instructors, or volunteers are not responsible for injuries or accidents to individuals not enrolled in a swim lesson. Children not participating in a lesson must be attended by a parent or a guardian". Payment is non-refundable.  
For more information call 259-1407.

**THIS IS NOT A SCHOOL SPONSORED EVENT**