



# Wellington Parks and Recreation Department presents

## 2012 American Red Cross Swim Lessons

**LOW PRICE → \$45 per child per session ←**

Sessions are 2 weeks long and run from Monday through Thursday – Friday serves as the rain date

Lessons are held at Halls Pond

→ Session 1 July 23 - August 3 / Session 2 August 6 - 17 ←

### Level 1: Introduction to Water Skills

**11:30 am – 12:00 pm**

**Purpose:** Helps students feel comfortable in the water. Enter and exit water safely.

- Submerge mouth (head) independently
- Exhale underwater through mouth and nose
- Open eyes underwater, pick up submerged
- Float on front and back with support
- Swim on front and back using arm/leg actions
- Rollover front to back, back to front w/support
- Treading – explore arm and hand movements in chest-deep water
- Follow basic water safety rules, helping others
- Use a life jacket

### Level 3: Stroke Development

**11:00 am – 11:30 am**

**Purpose:** Builds on skills from Level 2 & develops strokes through additional guided practice. Level 3 participants learn:

- Jump into deep water from the side
- Dive from kneeling or standing position, in water at least 9 feet deep
- Perform front & back float at least 30 seconds
- Submerge and retrieve an object
- Bob with the head fully submerged, chest deep
- Perform front & back glide w/2 different kicks
- Use rotary breathing in horizontal position
- Perform front and back crawl, 15 yards
- Butterfly - kick and body motion, 15 feet
- Perform the HELP and Huddle position
- Change from horizontal to vertical position on front and back
- Water safety rules, perform a reaching assist crawl for 15 yards.

### Level 5: Stroke Refinement

**10:00 am – 10:30 am**

**Purpose:** Provides further coordination and refinement of strokes, swimming further distances. Level 5 participants learn

- Tread water w/ two different kicks, 2 minutes
- Learn survival swimming / floating, 2 minutes
- Water safety, helping others, rescue breathing
- Perform the following:
  - Standing dive, Shallow dive, glide two body lengths and begin any front stroke
  - Sidestroke, elementary backstroke 25 yds
  - Tuck & pike surface dive
  - Front and back flip turns
  - Front and back crawl, 50 yards
  - Butterfly, breaststroke 25 yards

### Level 2: Fundamental Aquatic Skills

**11:30 am – 12:00 pm**

**Purpose:** Gives students independent success with fundamental skills.

- Enter water independently, jumping from the side
- Submerge entire head, at least 5 seconds
- Rhythmic pattern of exhaling while head is submerged (bobs)
- Open eyes underwater, pick up a submerged object, at least 3 times in shallow water
- Float on front and back unsupported
- Perform front and back glide, unsupported
- Roll over from front to back, back to front
- Swim on front and back using combined strokes, unsupported
- Treading using arms and legs unsupported in chest-deep water
- Water safety rules, helping others, swim wearing a life jacket

### Level 4: Stroke Improvement

**10:30 am – 11:00 am**

**Purpose:** Develops confidence and strength to improve skills learned and introduces new aquatic skills. Level 4 participants learn to:

- Shallow dive or dive from stride position, in at least 9 feet of water
- Swim underwater, 3 body lengths
- Front and back float, survival float, 1 minute
- Perform feet-first surface dive
- Perform open turn on front/back using any stroke
- Tread water using sculling arm motions and various kick, 1 minute
- Use safe diving rules, water safety rules, perform a throwing assist
- Care for conscious choking victim
- Perform compact jump a height while wearing a life jacket
- Perform the following:
  - Front and back crawl, 25 yards
  - Breaststroke & Elementary backstroke, 15 yards
  - Butterfly, 15 yards
  - Swim on side w/scissors kick, 15 yards

### Level 6: Swimming and Skill Proficiency

**10:00 am – 10:30 am**

**Purpose:** Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with “menu” options that each focus on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard Training courses. These options include:

**\*Personal Water Safety    \*Lifeguard Readiness**  
**\*Fundamentals of Diving    \*Fitness Swimmer**

All options include the these endurance skills and turns:

- Front and back crawl, 100 yards
- Breaststroke, 50 yards
- Sidestroke and butterfly, 50 yards
- Elementary backstroke, 50 yards
- All open turns and flip turns while using swimming strokes

ANY TIME SLOTS IN SESSION 1 WITH NO PARTICIPANTS AS OF JULY 15 WILL BE CANCELLED.

Please sign up early to ensure a spot. Classes with low enrollment may be combined.

Times subject to change

For more information please call Teri Gareau at 860-487-3108 or email at [tgareau@willingtonct.org](mailto:tgareau@willingtonct.org)

## Swimming Lessons 2012

### Participant Information

Name: \_\_\_\_\_ Gender: M F  
(Last) (First) (M.I.)

Address: \_\_\_\_\_ Town: \_\_\_\_\_ St: \_\_\_\_\_ Zip \_\_\_\_\_

Parents Name \_\_\_\_\_ DOB \_\_\_\_\_ Grade: (in fall) \_\_\_\_\_

E-mail: \_\_\_\_\_ Home Tele: \_\_\_\_\_ Alt Phone: \_\_\_\_\_

<b>SESSION 1</b>	<b>Level 1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>SESSION 2</b>	<b>Level 1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>

**\$45.00 per session**

#### *Release, Waiver and Assumption of Liability*

I the undersigned, as parent or legal guardian, do hereby waive and release myself, my heirs, executors or administrators of any and all claims, liability, loss, and damages we ever had or now have, against the Town of Willington, its successors and assigns, employees, agents and representative for any and all kinds of injury, including but not limited to personal injury and/or property damage suffered by myself, family members or friends while participating in this program. I understand participation in the Aquatics program involves rigorous physical activity and risks of physical injury, and we assume these risks. I hereby give consent for emergency transportation and treatment in the event of illness or injury. I hereby accept responsibility for the payment of any emergency transportation or treatment on behalf of the participant. I further certify the participant is in good physical condition, and has no medical or physical conditions that would restrict his/her participation in this event.

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

REFUND POLICY: There are no refunds except for medical reasons, upon receipt of a physicians note.

### Emergency/Medical information

**In case of emergency contact (other than parent): Name:** \_\_\_\_\_

Home Tele: \_\_\_\_\_ Bus. Tele: \_\_\_\_\_ Relationship: \_\_\_\_\_

Physicians Name: \_\_\_\_\_ Tele: \_\_\_\_\_

Allergies, Medical Conditions & other information: \_\_\_\_\_

Return completed form with payment to (make checks payable to Willington Parks & Rec. Dept):  
Parks & Recreation Dept, Town of Willington  
40 Old Farms Road  
Willington, CT 06279