



# Summer Weekday Swim Lessons



The Byron Park District is proud to announce their NEW swim lesson structure. This curriculum has a greater focus on earlier progression of the front crawl stroke utilizing in-line body positioning (face in water) with a delayed focus on the backstroke. This new curriculum combines expertise from the American Red Cross, Swim Lesson University, World Aquatic Babies & Children Network and USA Swimming Agencies. Plus, all instructors will complete a comprehensive child-centered training program, in which they learn the progressions of each stroke and various interactive teaching techniques! The Byron Park District will strive to schedule the same instructor with the same students each session, but we may have substitute instructors teaching when the regularly scheduled instructor is unavailable

## **Swim 101- Fundamentals (Ages 3-6 yrs)**

This class helps participants feel comfortable in the water while learning fundamental swimming skills. Skills covered include breath control, first-time submersion, front & back kicking with equipment, in-line kicking on front and front stroke with pop-up breathing. 30 min class; 3-4 students per instructor. (Combination of previous Level I & Beginner Level II classes).

## **Swim 102- Fundamentals (Ages 6 – 9 yrs)**

This class is the same as Swim 101, but designed for students, 6 – 9 years, who have more developed motor skills. 30 min class; 3-5 students per instructor. (Previous Beginner Level II class).

## **Swim 201- Stroke Development (Ages 5 - 8 yrs)**

The pre-requisite of this course is the ability to perform the skills in Swim 101/102. This class focuses on the formal strokes of front crawl (freestyle) with side breathing and introduces the backstroke. 45 min class; 3-4 students per instructor. (Combination of previous Advanced Level II & Level III).

## **Swim 202 – Stroke Development (Ages 7-12 yrs)**

This class is the same as Swim 201, but designed for students, 7 -12 years, who have more developed motor skills and can swim longer distances and duration. 45 min class; 3-6 students per instructor. (Combination of previous Advanced Level II & Level III).

## **Swim 301 –Supplemental Strokes (Ages 6-12 yrs)**

This class teaches the elementary backstroke, sidestroke, various treading kicks, survival floating and diving. Students will also work on swimming longer distances using the front crawl and backstroke. 45 min class; 3-6 students per instructor. (Combination of previous Level III & IV).

## **Swim 401 – Advanced Strokes (Ages 6-12 yrs)**

The main focus in this class is learning the breaststroke and butterfly. Diving, open turns and flip turns along with front crawl and backstroke endurance are also covered. 45 min class; 3-6 students per instructor. (Previous Level IV).

**WHERE:** Byron High School Pool (Enter thru Door #10)

**WHEN:** Monday – Thursday for two weeks (8 days)

### **Summer Weekday Session I: June 2-12**

CODE	LEVEL	TIME	FEE (R/N)
410311-W1	Swim 101	9:15 – 9:45 am	\$48/\$56
410312-W1	Swim 102	9:15 – 9:45 am	\$48/\$56
410313-W1	Swim 201	10:40 – 11:25 am	\$56/\$64
410314-W1	Swim 202	10:40 – 11:25 am	\$56/\$64
410315-W1	Swim 301	9:50 – 10:35 am	\$56/\$64
410316-W1	Swim 401	9:50 – 10:35 am	\$56/\$64

**Registration Deadline: Tuesday May 20<sup>th</sup>**

**\*RECEIVE A \$5 DISCOUNT IF YOU REGISTER BEFORE DEADLINE**

### **Summer Weekday Session II: June 16 - 26**

CODE	LEVEL	TIME	FEE (R/N)
410311-W2	Swim 101	9:15 – 9:45 am	\$48/\$56
410312-W2	Swim 102	9:15 – 9:45 am	\$48/\$56
410313-W2	Swim 201	10:40 – 11:25 am	\$56/\$64
410314-W2	Swim 202	10:40 – 11:25 am	\$56/\$64
410315-W2	Swim 301	9:50 – 10:35 am	\$56/\$64
410316-W2	Swim 401	9:50 – 10:35 am	\$56/\$64

**Registration Deadline: Tuesday June 3**

**\*RECEIVE A \$5 DISCOUNT IF YOU REGISTER BEFORE DEADLINE**

***The Swimming Pool will be closed for maintenance from June 30 – Aug. 3***



## **SUMMER 2014 WEEKDAY SWIM LESSONS**

**Child's Name:** \_\_\_\_\_ **Birthdate:** \_\_\_\_\_

**Parent(s) Names** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City, State, Zip:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Cell Phone or other emergency number:** \_\_\_\_\_

**Level Name:** \_\_\_\_\_ **Time:** \_\_\_\_\_ **Session:** \_\_\_\_\_ **Code:** \_\_\_\_\_

Fee: \$48/\$56 for Swim 101 & Swim 102 \$5 Discount if register before  
\$56/\$64 for Swim 201, 202, 301 & 401 deadlines: 5/20 & 6/3

### **WAIVER AND RELEASE OF ALL CLAIMS**

In consideration of me (or my minor child/ward) being allowed to enroll in this program(s), I hereby personally assume all risks in connection with this program(s) and release the instructors, supervisors, owners, Byron Park District and the Byron CUSD #226 for any injury, damage or loss and from any claim by me, my family, estate, heirs, or assigns, arising out of my enrollment and participation. I understand that on occasion, the Park District staff may take photos of participants enrolled in activities/ programs and am aware that these photos are for Park District use only and may be used in future marketing tools (ie. brochures, fliers, website).

I have read, fully understand and accept the details, waiver and release of all claims above.

\_\_\_\_\_  
Signature of participant or parent/guardian

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**Byron Park District PO Box 423 Byron, IL 61010 (815) 234-8435**