

Spring Lake Recreation Commission

2014 SUMMER SWIMMING LESSONS

All lessons are held at the **Spring Lake Community Fitness & Aquatic Center**,
DO NOT register at the Fitness & Aquatic Center.

Child's Name: _____ Age _____ M/F _____ DOB _____

School/Grade (14-15 Yr): Holmes _____ Jeffers _____ SLIS _____ SLMS _____ SLHS _____ Other _____

Parent(s) Name _____

Email Address _____

Phone (Primary) _____ (Secondary) _____

Address _____ City _____ Zip _____

Residency (check one):

RESIDENT: Crockery Township SL Township SL Village Non-Resident student attending SL schools

NON-RESIDENT: Other _____

Mail or deliver this form and check (payable to Spring Lake Recreation) by Friday, May 16th to:

Spring Lake Area Recreation Commission
 345 Hammond Street
 Spring Lake, MI 49456
 Telephone (616) 842-2853

RESIDENT \$20.00

NON-RESIDENT \$45.00

Permission is hereby granted for the above child to participate in swimming lessons. This child will be 5 years old or older, before Sept.1, 2014 and is physically fit to take water safety instruction at the Spring Lake Community Aquatic Center. (This program is jointly financed by Crockery Township, Spring Lake Township, Spring Lake Village and the Spring Lake School District).

I understand that these organizations are NOT liable, in the case of an accident.

PARENT/GUARDIAN

SIGNATURE _____ DATE _____

CIRCLE SESSION & LEVEL (level explanations on back)

	SESSION 1	SESSION 2	SESSION 3	SESSION 4
DATE	June 9 – June 20	June 23 – July 3	July 7 – July 18	July 21 – August 1
LEVEL	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7

NOTE: Please place your child in the class where he/she can be successful based on the last level taken during the summer of 2013, or what you know he/she has mastered. Instructors will not move a child if placed in the wrong level, there is not time to test each student to find out where he/she belongs, and classes are full when session starts. So please make sure you read the level explanations and place your child where he/she is comfortable.

Lessons held in the FAMILY POOL (shallow pool)

LEVEL 1 - WATER EXPLORATION - *Not comfortable in water.* This class is to introduce students to the pool and begin teaching elementary skills.

LEVEL 2 - PRIMARY SKILLS – *Must feel comfortable in the water.* This class is to build on elementary strokes, safety, and rescue skills.

Lessons held in the COMPETITION POOL (deep pool)

LEVEL 3 - STROKE READINESS – *Ready for deep water.* This class is for additional practice from Level 2 and deep water activities.

LEVEL 4 - STROKE DEVELOPMENT – *Must have passed Level 3.* This class is to develop confidence and skill in the water.

LEVEL 5 – STROKE REFINEMENT – *Must have passed Level 4.* This class coordinates and refines key strokes. Dives and turns are introduced along with the butterfly strike.

LEVEL 6 – SKILL PROFICIENCY – *Must have passed Level 5.* This class polishes strokes, dives, turns. Efficiency and power are worked on.

LEVEL 7 – ADVANCED SKILLS – *Must have passed Level 6.* This class perfects skills, encourages good fitness habits. Teaches advanced rescue and springboard diving skills.

Please list special circumstances to be considered for scheduling this individual. This would include car pooling, participation in other programs, and siblings registered in other levels.

PLEASE RETURN THIS FORM BY FRIDAY, MAY 16TH.

A schedule with class times and levels will be mailed home by the end of May. Each class session is 35 minutes long, between the times of 8:00am – 2:00pm. Classes will be limited to 10 students per class for Levels 3-7, and limited to 7 students for Levels 1 & 2. When a class is full, NO LATE registrations will be accepted for that class.