



THE BOATHOUSE
Edgartown

Swim Lesson Registration Form

The Boathouse Recreation Department

The outdoor family pool will open for the season on **Friday June 19th and stay open thru Monday, September 7th, 2009.**

All levels of the American Red Cross Swim Program will be offered by two options. We have available a 1/2 hour private lesson for \$30, or a group lesson consisting of one week M-F, 5 lessons for \$100.

Child Name _____ Home Phone _____ Date of Birth _____

Address _____

Parent/Guardian _____ Cell Phone _____

Emergency Contact _____ Phone _____

Please check off which type of lesson:

- Private Lesson _____
Recommended day of week and time of day: _____ time: _____

- Group Lesson _____
Please indicate which Group Level and week you are signing up for:

June 29th, 2009 - August 21st, 2009

Level 3: 9:00am - 9:30am
 Level 2: 9:45am - 10:15am
 Level 1: 10:30am - 11:00am

Week of: _____ Level: _____

Swim Level Descriptions are listed below:

Level 1: Introduction to Water Skills

The purpose of this class is to help students feel comfortable in the water. The student will learn basic water safety rules, submerging their mouth, nose and eyes underwater and picking up a submerged object. They will also learn supported swimming on their back and front, exhaling underwater and supported floating on their front and back.

Level 2: Fundamental Aquatic Skills

The purpose of this class is to give the students fundamental skills. This class teaches the student to move in the water with their head submerged. They will learn the front and back glide, treading water, bobbing in the water, the jellyfish float and using a combined stroke on front and back.

Level 3: Stroke Development

This class will build on the skills learned in level 2. The student will perfect their front and back crawl, kneeling or standing dive and rotary breathing in a horizontal position. The student will also learn the survival and back float, the butterfly kick and body motion.

Parent Signature _____ Date _____