

Swim Lessons

Swim Lesson Coordinator

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Children's Swim Lessons

Thanks to the suggestions of many of our members, we will again this summer follow the new 2 week swim lesson schedule for our "Learn To Swim" program. Swim lesson sessions will be 2 weeks in length and lessons will be given Monday thru Thursday of each week. Fridays will be reserved for make-up days for classes cancelled due to inclement weather. As in years past, all children of members are invited to participate. Enjoying swim lessons on consecutive days provides the children with more concentrated learning time and should help families with vacation planning.

The "Learn to Swim" program is taught by our CSTC lifeguards who are certified as Water Safety Instructors and will have lifeguards as their assistants.

Remember, all children are welcomed to join the CSTC Swim Team if they are able to swim the length of the pool. However, our coaching staff encourages children to continue to take swim lessons as well! The swim lesson program is designed for children learn the strokes and swim techniques. The Swim Team practice time is not for learning to swim. It is a time for perfecting swim techniques and increasing endurance and speed.

Fee

The fee for Swim Lessons is:

\$10 for the first child,

\$5 for each additional child with a maximum \$20 per family per session.

Dates

- Session 1 - June 15 - 26
- Session 2 - July 6 - 17

Remember, lessons will be taught Monday through Thursday for each 2 week session

Testing Date

If you are not sure of what level your child should be in, there will be a testing day scheduled for Saturday, June 30 from 10 a.m. to 1 p.m. or by appointment. Please talk to one of the guards on duty and they will be able to help you. In case of bad weather, the makeup date is Saturday, June 6 from 10 a.m. to 1 p.m.

Levels

- **Infant and Toddler Mommy and Me** - designed for moms and children under three.
- **Level I (Water Exploration)** - teaches children with no previous swimming experience water adjustment and basic supported swimming skills.
- **Level II (Primary Skills)** - emphasizes underwater exploration, unsupported locomotion, front and back combined stroke and jumping into the water without help.
- **Level III (Stroke Readiness)** - teaches front crawl, diving, elementary backstroke and back crawl.
- **Level IV (Stroke Development)** - teaches sidestroke and breaststroke, stressing form, coordination and endurance.
- **Level V (Stroke Development)** - teaches butterfly kick, underwater swimming skills and mastery of stroke skills.
- **Level VI (Personal Water Safety)** - emphasizes distance swimming, turns and surface dives.
- **Level VI (Fitness Swimmer)** - emphasizes endurance swimming, culminating in a continuous 500-yard swim to complete class.

Maximum Class Size

There will be a maximum of 10 children per lesson in the younger classes in order to provide the teacher-student ratio necessary in these age groups for safety and learning. We will do our best to accommodate all members' children who wish to be enrolled. We cannot guarantee placement of your child/ren in Session 1 if we do not receive your registration/payment in a timely manner.

Registration

Please fill out your child's level (if known) and session preference(s) on the swim lesson form and return it to **Ellen Bennett by May 15**, along with your payment, so we have an idea of how many classes of each level to schedule. Once the swim lesson schedule is posted in early June at the Swim Club Office, you **must** still sign up your child(ren) for the specific time of the swim lesson. Remember, payment must be made ahead of time. Questions can be referred to Ellen Bennett at (330) 533-1415.

Adult Swim Lessons

Specialized adult swim lessons will be available for anyone over the age of 12 with little or no swimming ability. The lessons will teach basic swimming, safety techniques and improving present swimming strokes. Contact Ellen Bennett at (330) 533-1415.

Canfield Swim and Tennis Club
Swim Lessons Form 2009

Member's Name _____ Phone _____

Address _____

Child's Name _____ Age _____

Session 1 _____ Level _____

Session 2 _____ Level _____

Child's Name _____ Age _____

Session 1 _____ Level _____

Session 2 _____ Level _____

Child's Name _____ Age _____

Session 1 _____ Level _____

Session 2 _____ Level _____

Child's Name _____ Age _____

Session 1 _____ Level _____

Session 2 _____ Level _____

Amount enclosed for Session 1 _____

Please enclose your family's fee for Session 1 only.

The fees for Session 2 will be collected at sign-ups in July.

Please make checks payable to Canfield Swim & Tennis Club Swim.

Send completed form and payment to:

Ellen Bennett

21 Tony Ann Place

Canfield, OH 44406.

Deadline: May 15.
