The Windsor Club Pool

2015 Swimming Lessons

NEW FOR 2015 , REGISTRATION FORMS WILL BE SENT SEPARATELY IN MAY. IF YOU HAVE QUESTIONS PLEASE CALL THE OFFICE MANAGER, Elissa, FOR INFORMATION.

Swimming lessons are open to both full members and wait list members. The following is an overview of the of the American Red Cross swimming lessons we will be offering and when they will be scheduled. Stroke development assessments will be presented at the end of each week.

Lesson Descriptions

Learn to Swim Level I: Water Exploration (Beginner)

To orient participants to the aquatic environment and teach them elementary skills which can be built on as they progress through the Learn to Swim program.

Learn to Swim Level II: Primary Skills (Beginner)

To build on the fundamental aquatic locomotion, safety, and rescue skills presented in Level I.

Learn to Swim Level III: Stroke Readiness (Advanced Beginner)

To build on the aquatic locomotion, safety, and rescue skills presented in Level II by providing participants with additional guided practice.

Lean to Swim Level IV: Stroke Development (Intermediate)

To develop confidence and competency in the aquatic locomotion, safety, and rescue skills presented in the Learn to Swim program thus far.

Learn to Swim Level V: Stroke Refinement (Swimmer)

To coordinate and refine the key strokes presented thus far in the Learn to Swim program and to introduce the butterfly, open turns, and the feet-first surface dive.

Learn to Swim Level VI: Skill Proficiency (Advanced Swimmer)

To polish strokes presented in previous levels, swim them with greater ease, efficiency, power and smoothness over greater distance, and to introduce the tuck surface dive, and additional turns.

Lesson Schedules

REGISTRATION FORMS WILL BE SENT SEPARATELY IN MAY. IF YOU HAVE QUESTIONS PLEASE CALL THE OFFICE MANAGER, ELISSA, FOR INFORMATION.

During any one week session, your child will have the same instructor each day. At all levels, at least 10 skills are taught. The following is a list of times the various levels will meet:

9:00 - 9:30 Level V & above

9:30 - 10:00 Level III & Level IV

10:00 - 10:30 Level II

10:30 - 11:00 Level I

This year, there will be 7 sessions, starting the week of June 22:

Session 1 June 22-June 26 Session 5 July 20 – July 24

Session 2 June 29 – July 3 Session 6 July 27 – July 31

Session 3 July 6 – July 10 Session 7 Aug 3 - Aug 7

Session 4 July 13 – July 17Note: Session 1 is for levels 1 and 2 only.

Signing Up and Payment. The cost for one week of lessons is $40 for pool members and $60 for other Club members, including wait list members. Registration forms will be mailed out in May and sessions will be filled on a first-come, first-served basis, and some sessions may fill up. Completed registration forms should be mailed back to the Club (1601 Beacon Street, Waban, MA 02468) or returned to the pool staff. Participants must be at least 3 years old to enroll in lessons. If you need to cancel a week of swim lessons, kindly give the Pool Director (contact info below) one week’s notice, so as not to be charged. Registration will begin in May and Billing for group swim lessons will appear on the September statement.

Private Lessons. The swim instructors are available for private swim lessons before or after their guard shifts. Appointments should be made directly with the desired guard, and the fee is $25 per half hour, payable at the lesson. These lessons can be arranged after the start of the pool season.

Bad Weather. Lessons will be held each weekday, in all weather conditions. If, due to bad weather, we are unable to use the pool, we will practice land skills (for older groups) or play games in the main room if no other activity is taking place.

Additional Swim Time. This year, we will continue the additional swim period after lessons. From 11am to 12 noon only, all children who have participated in that day’s lessons may continue to use the pool with their families (no pass required).

-----------------------------------------------------------------------------------------------------------------------------Questions? Contact the Pool Director, Gary DeMayo (617-527-9877, [garybills11@comcast.net](mailto:garybills11@comcast.net)).

Based on your feedback, we have put together a frequently asked questions document and posted to our intranet site at <http://windsorclub.webexone.com/default.asp?link>.

Please review the swim levels below and try to place your child/children in the correct level.

There will be swim level evaluations taking place in Mid-June This is a swim level evaluation only. After the evaluation is over (which takes about 2 minutes) then the swimmer must exit the water unless that are full members.

Swim level lesson times for the 7-week period (lessons start the week of June 22nd) are :

Level 5 and 6 9:00-9:30

Level 3 and 4 9:30-10:00

Level 2 10:00-10:30

Level 1 10:30-11:00

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**American Red Cross Learn-to-Swim**

Our Learn-to-Swim offers something for everybody. A unique six-level instructional approach is unlike anything offered by other aquatic training programs. Plus our instructors are trained and certified by the American Red Cross, so swimmers of all ages and abilities are in good hands. The prerequisite for each level is the successful demonstration of the skills from the preceding level, except for Level 1, which has no prerequisite. Each level of Learn-to-Swim includes training in basic water safety and helping others in an emergency, in addition to the skills outlined below:

**Level 1: Introduction to Water Skills**

Purpose: Helps students feel comfortable in the water. Level 1 participant’s learn to—

* Enter and exit water safely.
* Submerge mouth, nose and eyes.
* Exhale underwater through mouth and nose.
* Open eyes underwater, pick up submerged object.
* Change direction while walking or paddling.
* Roll over from front to back and back to front with support.
* Explore floating on front and back with support.
* Explore swimming on front and back using arm and leg actions with support.
* Use a life jacket.

**Level 2: Fundamental Aquatic Skills**

Purpose: Gives students success with fundamental skills. Level 2 participants learn to—

* Enter water by stepping or jumping from the side.
* Exit water safely using ladder or side.
* Submerge entire head.
* Blow bubbles submerging head in a rhythmic pattern (bobbing).
* Open eyes under water, pick up a submerged object in shallow water.
* Float on front and back.
* Perform front and back glide.
* Change direction of travel paddling on front or back.
* Roll over from front to back, back to front.
* Tread water using arm and leg motions (chest-deep water).
* Swim on front, back, and side using combined arm and leg actions.
* Move in the water while wearing a life jacket.

(In level 2, the swimmer must be able to swim on their own)

**The participants need to be able to swim on their own at this level.**

**Level 3: Stroke Development**

Purpose: Builds on the skills in Level 2 through additional guided practice. Level 3 participants learn to—

* Jump into deep water from the side.
* Dive from kneeling or standing position.
* Submerge and retrieve an object in chest deep water.
* Bob with the head fully submerged.
* Rotary breathing in horizontal position.
* Perform front and back glide using two different kicks.
* Float on front and back in deep water.
* Change from horizontal to vertical position on front and back.
* Tread water using hand and leg movements.
* Perform front and back crawl.
* Butterfly—kick and body motion.
* Perform the HELP and Huddle position.

Learn-to-Swim Level 3 participants receive a *Waddles in the Deep* full-color booklet that reinforces class instruction to help swimmers develop confidence in their strokes and improve other aquatic skills.

**Level 4: Stroke Improvement**

Purpose: Develops confidence in the skills learned and improves other aquatic skills.

Level 4 participants learn to—

* Perform a dive from a standing or stride position.
* Swim underwater.
* Perform feet-first surface dive.
* Perform open turns on front and back.
* Tread water using sculling arm motions and with different kicks.
* Perform the following:
* Front and back crawl
* Breaststroke
* Butterfly
* Elementary backstroke
* Swim on side using scissors-like kick.
* Perform compact jump into water from a height while wearing a life jacket.

**Level 5: Stroke Refinement**

Purpose: Provides further coordination and refinement of strokes. Level 5 participants learn to:

* Perform the following:
* Standing dive
* Shallow dive, glide two body lengths and begin any front stroke
* Tuck surface dive
* Pike surface dive
* Front flip turn
* Backstroke flip turn
* Front and back crawl
* Butterfly
* Breaststroke
* Elementary backstroke
* Sidestroke
* Tread water with two different kicks
* Learn survival swimming

**Level 6: Swimming and Skill Proficiency**

Purpose: Refines the strokes so students swim 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
* Fundamentals of Diving
* Lifeguard Readiness
* Fitness Swimmer