

CARDINAL HILL SWIM LESSONS 2017

A developmental program designed to help children ages 3+ become more comfortable in the water and learn swimming skills.

Session 1	Session 2	Session 3
Monday, June 26 – Friday, July 7	Monday, July 10 – Friday, July 21	Monday, July 24 – Friday, August 4
10:30 – 11:00 AM	10:30 – 11:00 AM	10:30 – 11:00 AM

The **Cardinal Hill Group Swim Lesson Program** is designed to help your child enjoy the water and stay safe. All lessons are taught by trained instructors and are available for a variety of ages and skill levels. All sessions last for two weeks and include nine 30-minute classes. Enrollment is limited so please register your swimmer quickly using the “Swim Lessons” link on the Cardinal Hill website.

LESSON DATES & TIMES

Refer to the Session dates and times at the top of this page. Lessons will run Monday through Friday during the first week of each session and Monday through Thursday during the second week of each session. The first Monday of each session will be used to evaluate and place swimmers in the appropriate classes. The last Friday of each session will only be used to make-up a rained-out class. (One make-up date per session.)

Group lessons will be offered from **10:30 – 11:00 AM**.

PRICING

Each two-week Session will cost **\$60**.

NO REFUNDS will be issued for missed classes.

REGISTRATION

To ensure that your child receives instruction appropriate to their ability, please review each description of the four levels of instruction that will be offered. Determine the level of instruction that best suits your child’s needs and choose the Session most convenient for your child to attend.

All registration MUST be done electronically via the Cardinal Hill Swim and Racquet Club website:

<http://chsrc.com/>. Hover over the “Swim/Dive” tab at the top of the homepage and click on “Swim Lessons” from the drop-down menu. You will be directed to a page that describes the Group Lesson program. This page also contains a link to the registration portal where you will select your Session(s), class(es) for your swimmer(s), and submit payment.

Please direct all questions to Mike Grill at mikedgrill@gmail.com.

LEVEL 1 • PRE-BEGINNER •

Instructor - Swimmer Ratio 1:3

Introduces safety, bobbing up and down, submerging face under water and blowing bubbles with mouth, arm motion, kicking, and floating on front and back. Candidates are not expected to have any prior swimming experience.

LEVEL 2 • BEGINNER •

Instructor - Swimmer Ratio 1:3

Focuses on submerging and holding breath for 3-5 seconds, blowing bubbles through nose, rhythmic breathing, retrieving submerged objects, unassisted floating and gliding, flutter kick on front and back, jumping into chest-deep water, simultaneous and alternate arm/leg movement while swimming on front and back for minimum of 5 yards.

LEVEL 3 • INTERMEDIATE •

Instructor - Swimmer Ratio 1:4

Focuses on front crawl stroke with breathing, elementary backstroke, swimming underwater for at least one body length, retrieving multiple submerged objects, jumping into head-deep water and surfacing unassisted, diving into pool from kneeling position, and treading water for 5 seconds in head-deep water.

LEVEL 4 • ADVANCED • (aka “Mini-Cardinals”)

Instructor - Swimmer Ratio 1:4

Focuses on standing front dive, swimming underwater for 5 – 10 yards, elementary backstroke, sidestroke, front crawl with breathing and backstroke for 15 yards, and treading water in deep water for 15 seconds, .

A FEW REMINDERS...

- ✓ Swim goggles are recommended but not required.
- ✓ Parents/guardians should drop off their swimmer with the instructors at the beginning of each lesson.
- ✓ Parent/guardians should remain at the pool for the duration of the lesson but should not interfere with the lesson or “hover” over it during instruction.