

Marina Swim and Tennis Club at Mears- Swimming Lessons: Summer of 2010!

There will be three sessions of organized group swim lessons at Mears this summer. As in the past, each session will last for two consecutive weeks, Monday-Thursday mornings for 30 minutes each (Fridays, in the session are reserved for makeup days in the event of cancellation due to weather). Each session is taught by at least one Red Cross certified swim instructor (WSI). The cost of each session is \$80.00 which must accompany registration in order for the child to hold a place in the class. Space is limited and children are accepted on a first-come basis and limited to **Members only**. Class fee is non-refundable. Should your child be unable to participate in the designated session, every effort will be made to accommodate him/her in another session, if space allows. To avoid scheduling conflicts, be sure to check the dates and times carefully.

The session dates are as follows:

Session I: June 21st-24th and June 28th-July 1st

Session II: July 5th-8th and July 12th-15th

Session III: July 19th-22nd and July 26th-July 29th

*Each session will contain the following three classes in this order. Please choose one.

9:00-9:30- **Level III/IV:** Stroke Readiness/Stroke development:

This course is designed for the child who is able to demonstrate basic water skills (i.e. prone/back float, bobbing, proper nasal exhalation, etc.) who needs stroke development/refinement, proper rhythmic breathing and endurance practice. Students coordinate front and back crawl, are introduced to elementary backstroke and the fundamentals of treading water, as well as the rules for safe diving. Breaststroke and sidestroke are introduced in IV as well as the basics of turning at a wall and emphasis on water safety.

9:30-10:00- **Level I/II:** Water Exploration/Primary Skills:

This course is designed to teach the foundation of stroke readiness (bobbing with proper nasal exhalation, jumping in from the side and prone/back float). Students may or may not be able to "doggie-paddle" but should either be able to touch the bottom in the shallow end, or else be able to get safely to the wall or steps without panicking (i.e. bobbing or floating). Children should feel comfortable in a class environment independent of parent.

10:00-10:30- **Parent/Child:** (age 6 mos-3 years)

This is a Red Cross course designed for the parent and child to introduce the child to the aquatic environment in a fun and friendly way. Use of toys, songs and games illustrate and promote basic water safety techniques and introduce basic float and stroke readiness skills. The instructor acts in the capacity of a facilitator of parent-child interaction. Through the process of guidance, instruction and positive corrective feedback, parents help children properly lay the foundation for the Learn to Swim program.

Please use the following form to register your child for this summer's swim classes. PLEASE PRINT!

Parent/Guardian _____ Phone # _____

Child's name _____ Age _____ E-mail _____

Please circle your first choice: Session I Session II Session III

Please circle your class selection: Level III/IV Level I/II Parent/Child

I am a Member or Slipholder of Mears Marina for 2009

In the event that your first choice is not available, please indicate your **second Session choice:** I II III

Please make checks for \$80.00 payable to **Christine Reshetiloff** and send to:

189 S. Southwood Ave. Annapolis, MD 21401

Questions? Please call (410) 268-8552

If you have more than one child, please write in that child's name as well, specifying session choice and class preference. Mornings not good? Contact me for *private* lessons held from 6-8pm Mon-Thurs eves!