



Marina Swim & Tennis Club
2017 Summer Swim Lessons
Christine Reshetiloff, Instructor
weR4sail@yahoo.com

There will be four sessions of organized group swim lessons at Mears this summer. As in the past, each full 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 a former AACPS Drown proofing Instructor with over 20 years teaching experience as a Red Cross certified swim instructor (WSI) and lifeguard. The cost of each session is \$90.00 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, **Members Only**. Class fee is non-refundable. Should your child be unable to participate, 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 12 – June 15, June 19 – June 22	2 weeks, Monday – Thursday	\$90.00
Session II:	July 3 – July 6, July 10 – July 13 **	2 weeks, Monday - Thursday	\$90.00
Session III:	July 17 – July 20, July 24 – July 27	2 weeks, Monday – Thursday	\$90.00
Session IV:	July 31 – August 3, August 7 - 10	2 weeks, Monday – Thursday	\$90.00

** There **will be** lessons on Tuesday, July 4th!

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: (approximate age is 5 – 9 years)

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: (approximate age is 4 – 6 years)

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 (e.g., bobbing, floating, or swimming under water). Children should feel comfortable in a class environment independent of parent.

10:00-10:30- Parent/Child: Prep For Learn To Swim Program: (approximate age 6 mos-3 years)

This is a Red Cross course designed for the parent and child. Its purpose is to introduce the child to the larger aquatic environment in a fun, safe and comfortable 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. This course is appropriate for older children who are not yet comfortable with putting their face in the water.

Private lessons are available for ages 4 and up. Please email me for availability.



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**Make Checks Payable To: Christine Reshetiloff
189 S. Southwood Avenue, Annapolis, MD 21401**

Checks not sent to this address may result in a delay in registration.

weR4sail@yahoo.com

Child's Name _____ Age _____

Parent/Guardian _____

Cell Phone _____ E-mail address _____

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

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

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

Child's Name _____ Age _____

Parent/Guardian _____

Cell Phone _____ E-mail address _____

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

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

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

The parties hereto agree that Mears Marina nor the Marina Swim & Tennis Club nor its agents, servants, or employees shall be liable for any loss, damage, or personal injury to the person or property of the Swim Lessons Program Participant or the Swim Lessons Program Participant's family members, guests, invitees, agents and employees, resulting either directly or indirectly from Swim Lessons Program Participant's use of the Mears Marina nor the Marina Swim & Tennis Club facilities, whether such loss, damage, or personal injury be occasioned by negligence, fire, theft, Act of God, or any other cause or condition. The Swim Lessons Program Participant hereby agrees to indemnify and save harmless Mears Marina or the Marina Swim & Tennis Club, its partners, agents, servants, and employees from or against any claims, damages, and expenses arising from use, of Mears Marina or the Marina Swim & Tennis Club facilities and hereby agrees to assume full responsibility for personal injury and property damage arising out of the use of Mears Marina or of the Marina Swim & Tennis Club area and facilities.

SWIM LESSONS PARTICIPANT:

Signature/Parent Signature

Date