

Winter 2012 Homeschool Swimming Lesson Program

January 4 – February 10 (6 weeks)

Registration begins Tuesday, November 8

Get Wet :30 Age 4,5,6 (K) Students have not fully submerged while blowing bubbles and are not yet crossing the pool on their backs while using a propulsive kick. This class is taught in shallow water.

Beginner 1 :30 Age 4,5,6 (K) Students are comfortable in the water, will fully submerge and can cross the pool on their backs while kicking and sculling. Instructors will emphasize a strong kick, rotary breathing, sculling and a balanced body position. This level is taught in shallow water.

Advanced Beginner 1 :30 Age 4,5,6 (K) While not performing perfect rotary breathing, these students have a propulsive kick, can listen and follow simple directions and can perform at a higher level than those in Beginner 1.

Beginner 2 :30 1st grade to age 9 Students have not yet learned rotary breathing in coordination with their arm strokes. Instructors will emphasize propulsive kicks, body position and arm strokes in freestyle and back.

Advanced Beginner 2 :30 1st grade to age 10 Students have passed all Beginner level skills and can swim unaided with rotary breathing. Instructors will teach breaststroke and butterfly kick, somersaults and bilateral breathing.

Intermediates and Young Adult A :45 Ages 7-15 Students have passed all Advanced Beginner level skills and are strong swimmers. Coordination of breaststroke and butterfly strokes, flip turns, Lifeguarding and competitive skills will be emphasized. This level is taught in deep water.

Recreational/Lap Swimming is available on Wednesdays from 9:30-12:00 at no charge for Homeschool students and families.

Observation Days are offered only on the final day of class in each session.

Refunds 25% is charge for any cancellation. There are no refunds after the first class

<u>Level</u>	<u>Days and Times</u>	<u>Fee</u>
Get Wet	Wednesday 10; Thursday 11; Friday 10	\$66
Beginner 1	Wednesday 10; Thursday 10:30; Friday 9:30	\$66
Advanced Beginner 1	Wednesday 9:30; Thursday 9:30	\$66
Beginner 2	Wednesday 11	\$66
Advanced Beginner 2	Wednesday 10:30	\$66
Intermediate & Young Adult	Wednesday 10:30	\$99

Berkeley Swim School *PO Box 215 *649 Springfield Avenue * Berkeley Heights NJ 07922 * www.berkeleyaquatic.org *908 464 1995

<u>Students Name(s)</u>	<u>Age</u>	<u>Level</u>	<u>Day</u>	<u>Time</u>
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Parents' names _____ / _____ Street _____ Town _____ Zip _____

Phone (C) _____ Phone (H) _____ email _____