

# Homeschool Fall '10 Swimming Lesson Program

SEPTEMBER 15 - DECEMBER 15

Registration begins Sunday, July 30

**Get Wet :30** Age 4,5,6 (K) Students are new to the water and or are timid about putting their faces in water. This class is taught in shallow water in preparation for Beginner 1.

**Beginner 1 :30** Age 4,5,6 (K) Students are comfortable in 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

**Beginner 2 :30** 1<sup>st</sup> grade to age 9 Students have not yet learned the rotary breathing in coordination with arm strokes. See Beginner 1

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

**Advanced Beginner 2 :30** 1<sup>st</sup> grade-age 10 Students have passed all Beginner level skills and can swim unaided with rotary breathing. Instructors will emphasize bilateral breathing, breaststroke and butterfly kicks, and somersaults.

**Intermediate :45** Age 7-15 Students have passed all Advanced Beginner skills. Instructors will emphasize coordination of breaststroke and butterfly, flip turns, and endurance. Endurance will be an important part of this course. Lifeguarding skills will be introduced.

**Recreation/Lap Swimming** Wednesday 9:30a-12:15p; No charge for Homeschool parents

**Makeup Classes** Call for availability on Sat. at noon. No make ups on the first or last day of any session.

**Observation Day** The final day (**ONLY**) of each session is an observation opportunity.

**Refunds** A 25% fee will be charged for any cancellation. There are no refunds after the first scheduled swimming session.

<u>Level</u>	<u>Days &amp; Times</u>	
<b>Get Wet</b>	Wednesday 10:00, 10:30; Friday 9:30, 11:30	\$154
<b>Beginner 1</b>	Wednesday 10:30, 12:00; Friday 9:30; 11:00	\$154
<b>Advanced Beg 1</b>	Wednesday 11:30; Friday 10:30	\$154
<b>Beginner 2</b>	Wednesday 11	\$154
<b>Advanced Beg 2</b>	Wednesday 11:30	\$154
<b>Intermediate</b>	Wednesday 11	\$231
<b>Water Polo</b>	Wednesday 11:45-12; Intermediate and Advanced Level students only. No charge	

Other classes are available at regular Berkeley Swim School rates.

Berkeley Swim School \* PO Box 215 \* 649 Springfield Avenue \* Berkeley Heights \* New Jersey 07922

[www.berkeleyaquatic.org](http://www.berkeleyaquatic.org)

908 464 1995

\*\*\*\*\*

<u>Fall '10</u>	<u>Homeschool</u>	<u>Registration</u>		
<u>Student Name(s)</u>	<u>Age</u>	<u>Level</u>	<u>Day</u>	<u>Time</u>
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Parents' Names \_\_\_\_\_ / \_\_\_\_\_ Street \_\_\_\_\_ Town \_\_\_\_\_ Zip \_\_\_\_\_

Phone (H) \_\_\_\_\_ Phone (C) \_\_\_\_\_ email \_\_\_\_\_