

2019 Trempealeau Pool Swimming Lesson Registration Form

Complete ALL information below. Incomplete forms may not be accepted.

Family's Last Name: _____

Name of Parent/Guardian: _____

Parent/Guardian Phone Number(s): _____

Home Address: _____

Email: _____

Emergency Contact (Name, Phone Number, and Relationship): _____

Please list all children you are registering for swimming lessons:

See back of registration form for descriptions of levels

Name of child	Age	Grade entering in Fall 2019	Attends G-E-T School District (circle one)	Swimming Lesson Level of child (circle one):
			Yes No	Pre-K* 1 2 3 4 5 6
			Yes No	Pre-K* 1 2 3 4 5 6
			Yes No	Pre-K* 1 2 3 4 5 6
			Yes No	Pre-K* 1 2 3 4 5 6

*Pre-K Swimming Lessons are for children 3-4 years of age. A life jacket is required. Parents of 3 year old children will need to enter the water to assist their children, if they (the children) are hesitant about being in the water or unable to follow the directions of the instructor.

Medical concerns of child(ren) please list and explain: _____

Lessons Dates and Times

Please check your preference for sessions and times. Please indicate 1st, 2nd, and 3rd choice

Session 1: June 10-21 EVENING LESSONS	Session 2: June 24-July 5 (NO CLASS ON JULY 4 TH)	Session 3: July 8-19
<p>___ 5:30-6:15pm</p> <p>___ 6:15-7:00pm</p>	<p>___ 9:30-10:15am (Shuttle available from Ettrick/Galesville area for 9:30am lessons)</p> <p>___ 10:15-11:00am</p> <p>___ 11:00-11:45am</p>	<p>___ 9:30-10:15am (Shuttle available from Ettrick/Galesville area for 9:30am lessons)</p> <p>___ 10:15-11:00am</p> <p>___ 11:00-11:45am</p>

Swimming lessons will be offered during SUMMER SCHOOL (July 22 – August 9) for Levels 1-6 through G-E-T School District. Shuttles provided from Galesville to Trempealeau. Register through G-E-T website for summer school swimming lessons.

AMERICAN RED CROSS SWIMMING LESSONS DESCRIPTIONS

LEVELS 1-6

Preschool-Beginning Introduction to Water Skills

Objective: To help students feel comfortable in the water and to enjoy the water safely

Requirements: None (Preschool Level is not required before taking Level 1)

Skills Covered: Entering and exiting water independently, learning to submerge eyes, nose and mouth, blowing bubbles, front gliding/rolling to back/recovery to vertical position with minimal assistance

Level 1-Introduction to Water Skills

Objective: To help students feel comfortable in the water and to enjoy the water safely

Requirements: None

Skills Covered: Entering and exiting the water safely, submerge mouth, nose and eyes and breath control, front and back float and recovering to a stand, changing direction in the water, swimming 5 feet on front and back.

Level 2-Fundamental Aquatic Skills

Objective: To give students success with fundamental skills

Requirements: Students entering this level must possess a Level 1 certificate or demonstrate all the Level 1 skills.

Skills Covered: Entering water by stepping or jumping in from the side, submerging entire head, blowing bubbles, open eyes underwater, front and back glide, swim 15 feet on front and 10 feet on back, swim on side, life jacket use.

Level 3-Stroke Development

Objective: To build on skills in Level 2 through additional guided practice

Requirements: Students entering this level must possess a Level 2 certificate or demonstrate all the Level 2 skills.

Skills Covered: Jump into deep water, head first entry from sitting or kneeling, submerging and retrieving an object, bobbing, survival float for 30 seconds, treading water for 30 seconds, front crawl 15 yards, butterfly 15 feet, back crawl 15 yards, elementary rescues, safe diving, check-call-care.

Level 4-Stroke Improvement

Objective: To develop confidence in the strokes learned thus far and to improve other aquatic skills by increasing endurance through swimming greater distances

Requirements: Students entering this level must possess a Level 3 certificate or demonstrate all the Level 3 skills.

Skills Covered: diving, underwater swimming, feet-first surface dive, 1 minute of survival floating, treading and back floating, 25 yards of front crawl, breaststroke and back crawl, 15 yards of butterfly and elementary backstroke and sidestroke, compact jump from height in a lifejacket, throwing assists and caring for conscious choking victim.

Level 5-Stroke Refinement

Objective: Coordination and refinement of strokes

Requirements: Students entering this level must possess a Level 4 certificate or demonstrate all the Level 4 skills.

Skills Covered: Shallow dive, tuck and pike surface dives, 2 minutes of survival floating, back float and treading water, flip turns on front and back, 50 yards front and back crawl, 25 yards butterfly, breaststroke, elementary backstroke and sidestroke, 2 minutes of survival swimming, rescue breathing.

Level 6-Swimming and Skill Proficiency

Objective: Refine strokes so students swim them with more ease, efficiency, power and smoothness over greater distances; includes "menu options" - Personal Water Safety, Fitness Swimmer and Fundamentals of Diving

Requirements: Students entering this level must possess a Level 5 certificate or demonstrate all the Level 5 skills.

Skills Covered: 500 yards continuous swim using 100 yards each of front & back crawl, 50 yards each of breaststroke, elementary backstroke, sidestroke & butterfly and 100 yards choice of any of those strokes, survival floating and back floating 5 minutes each, feet first surface dive & retrieve an object from 7 feet, Cooper 12-minute swim test.