



Schoharie Community Pool

2025 Swim Lesson Registration

schohariepool@gmail.com



Swimmer's name: _____		Age: _____	Gender: M/F _____
Ethnicity/Race (optional) White _____; Black or African American _____; Hispanic or Latino _____; American Indian or Alaskan Native _____; Asian _____; Native Hawaiian or other Pacific Islander _____ (We request ethnicity to support our funding and grant applications; You may check more than one; You may decline to answer.)			
2025 Lessons are offered Monday-Friday 2025 Session I July 7 th – July 18 th (Registration Deadline 7/1) Session II July 21 st – August 1 st (Registration Deadline 7/14) Circle the lesson level and session time requested below <i>See back of sheet for a general description of each lesson level.</i>			
Lesson Readiness	Session I 11:15 – 11:45am Session I 5:00 – 5:30pm	Session II 11:15 – 11:45am Session II 5:00 – 5:30pm	
1: Beginner	Session I 10:30 – 11:00am Session I 5:30 – 6:00pm	Session II 10:30 – 11:00am Session II 5:30 – 6:00pm	
2: Advanced Beginner	Session I 9:45 – 10:15am Session I 5:00 – 5:30pm	Session II 9:45 – 10:15am Session II 5:00 – 5:30pm	
3: Stroke Development	Session I 10:30 – 11:00am Session I 5:30 – 6:00pm	Session II 10:30 – 11:00am Session II 5:30 – 6:00pm	
4: Stroke Improvement	Session I 9:45 – 10:15am	Session II 9:45 – 10:15am	
5: Stroke Refinement	Session I 9:00 – 9:30am	Session II 9:30 – 10:00am	
6: Fitness Swimmer	Session I 9:00 – 9:30am	Session II 9:30 – 10:00am	
Parent / Tot (\$40 covers the entire block of lessons) Tues. & Thurs. (July 8 nd -July 31 st) 11:45am-12:15pm			
Private Swim Lesson for children or adults: \$15/ half hour lesson			
Number of lessons requested _____		Lesson Level Anticipated _____	
Number of swimmers in the lesson (add \$5/lesson for each additional child in the lesson) _____			
Parent/Guardian's Name: _____			
Cell Phone: _____			
Please circle the municipality in which you live: Central Bridge (Town of Esperance) Central Bridge (Town of Schoharie) Esperance (Village) Esperance(Town) Schoharie (Village) Schoharie (Town) Wright (Town) Other _____			

\$50 per Swimmer per Session

Make checks payable to **Schoharie Recreation Commission**

Mail form to or drop off at: Schoharie Village Office PO Box 219 300 Main St. Schoharie, NY 12157
 If other financial arrangements need to be made, contact the Pool Director at schohariepool@gmail.com

Parents/Guardians/Adults: I agree to assume any costs involved in the event of an accident or injury as the Schoharie Recreation Commission does not purchase this type of insurance.

Signature _____ Date _____

* Lesson blocks are filled on a first come, first serve basis. If a class becomes full, additional lesson times may be offered. Parents/Guardians will be notified of any changes as soon as possible.

*Please, note that lesson blocks are scheduled for 10 classes to allow for potential cancellations due to weather. If we are unable to complete at least 8 lessons, make-up lessons times will be offered.

Schoharie Village Office – (518) 295-8500 / Pool Phone (518) 295-8163
Watch for updates on our Facebook page- Schoharie Community Pool

Parent and Tot– Age: 6 months – 3 years

Designed to give young children a head start on swimming, to get comfortable in the water and begin to work on basic skills while interacting with instructor and other children in a fun and safe environment. Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. Lessons are fun-filled and help introduce water safety concepts, encouraging healthy recreational habits that your entire family can enjoy.

Lesson Readiness-

This level is designed for the young swimmer that likes to be around the water but is anxious about letting go of the wall, clings to the stairs, or is too advanced for Parent and Tot but not independent enough in the water for Level 1. Arm swimmys and life jackets are NOT ALLOWED during lessons.

Level 1 – Beginner: Introduction to Water Skills

For the beginner who is comfortable in the water.

Children that will not enter the water independently should be registered for Lesson Readiness.

Swimmers learn basics of swimming: bobbing, going under water, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kick, supported front crawl arms and jumping in.

Level 2 – Advanced Beginner: Fundamental Aquatic Skills

Swimmers should already be able to float on front and back and put head under water.

Swimmers will work on: independent front and back floating, independent rolling over from front to back and back to front, independent front and back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.

Level 3 – Stroke Development

Swimmers should already be comfortable swimming front crawl and swimming on their back.

Swimmers will work on: gliding, front crawl with side breathing, backstroke, breaststroke and dolphin kicks, retrieving objects in deeper water, treading water, and jumping into deep water.

Level 4 – Stroke Improvement

Swimmers should already be able to: swim front and back crawl 25 yards.

Swimmers will work on: rotary breathing, freestyle, backstroke, elementary backstroke, scissors kick and sidestroke, whip kick and breaststroke, open turns on front and back, treading water with modified scissors, and diving in kneeling & standing position.

Level 5 – Stroke Refinement

Swimmers should already be able to: swim freestyle, breaststroke and backstroke 25 yards, scissors kick, whip kick, treading water, and dive.

Swimmers will work on: alternate breathing, stride jump, refinement of freestyle, backstroke, elementary backstroke, sidestroke, breaststroke, dolphin kick and butterfly, flip turns on front and back, feet-first surface dive, and treading water.

Level 6 – Swimming & Skill Proficiency

Swimmers should already be able to: swim front and back crawl 50 yds, elementary backstroke 25 yards, breaststroke 25 yards, butterfly 25 yards, sidestroke 10 yards, tread water for 3 minutes, and dive.

Swimmers will work on: All six strokes, front and back crawl flip turn, breaststroke turn, breaststroke speed turn and pullout, butterfly turn, sidestroke turn, pike and tuck surface dive, pike and tuck dive from board, tread water for five minutes, and basic water rescue.