



Schoharie Community Pool

2023 Swim Lesson Registration



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.)			
Lessons are offered Monday-Friday. Session I (July 3 rd – July 14 th) Session II (July 17 th – July 28 th) Circle the lesson level and session time requested below			
Lesson Readiness	Session I 11:00 – 11:30am Session II 11:00 – 11:30am	Session I 5:00 – 5:30pm Session II 5:00 – 5:30pm	
1: Beginner	Session I 10:30 – 11:00am Session II 10:30 – 11:00am	Session I 5:30 – 6:00pm Session II 5:30 – 6:00pm	
2: Advanced Beginner	Session I 10:00 – 10:30am Session II 10:00 – 10:30am	Session I 5:00 – 5:30pm Session II 5:00 – 5:30pm	
3: Stroke Development	Session I 10:30 – 11:00am Session II 10:30 – 11:00am	Session I 5:30 – 6:00pm Session II 5:30 – 6:00pm	
4: Stroke Improvement	Session I 10:00 – 10:30am Session II 10:00 – 10:30am	Session I 5:30 – 6:00pm Session II 5:30 – 6:00pm	
5: Stroke Refinement	Session I 9:30 – 10:00am	Session II 9:30 – 10:00am	
6: Fitness Swimmer	Session I 9:30 – 10:00am	Session II 9:30 – 10:00am	
Parent / Tot	Tues. & Thurs. (July 6th-Aug 3 th)	11:30am-12pm	
* 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. See back of sheet for a general description of each lesson level.			
Private Swim Lesson (Available for adults or children)	\$15/ half hour lesson (\$5 for each additional child in the lesson) Number of lessons requested_____. Number of swimmers in the lesson_____ Swim instructor will contact you to arrange the lesson time.		
Parent/Guardian's Name		Phone	
Complete Mailing Address:			
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 (covers the entire block of Parent /Tot)

Make checks payable to **Schoharie Recreation Commission**

Mail to: Schoharie Village Office PO Box 219 300 Main St. Schoharie, NY 12157 or drop off at the pool

If other financial arrangements need to be made, contact the Village Office (518-295-8500) or the Pool Director (518-295-8163)

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 _____

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 a healthy recreational habit 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 swimmies and life jackets are NOT ALLOWED during lessons.

Level 1 – Beginner: Introduction to Water Skills

For the beginner who is comfortable in the water.

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.