

Swim Lesson Course Descriptions
Knightdale Parks and Recreation
Registration begins May 18, 2009

Baby & Me Classes (6-36 months)

25 minute classes-Mon-Fri

Fee: \$20-resident/\$30-non resident

6 students per instructor

These classes help develop swimming readiness by leading parents and their children in water exploration activities. They don't teach children to be accomplished swimmers or to survive in water.

Children **MUST** wear swim diapers under swimsuit. **NO REGULAR DIAPERS PLEASE.**

Preschool Age Classes (3-4 years)

25 minute classes-Mon-Fri

Fee: \$20-resident/\$30-non resident

5 students per instructor

Participants learn elementary aquatic skills. Helps them feel comfortable in the water and to enjoy the water. Parents do not need to get in the water but should be prepared to help supervise children on the side of the pool.

Level 1-4 (5-13 years)

45 minute classes-Mon-Fri

Fee: \$35-resident/\$50-non resident

6-8 students per instructor

Students will be tested the first day of each session to determine their skill level. Once they are put with an instructor, they will remain in that class throughout the session. The first day of class for each session may run a little long in order to test each student.

This class requires:

- * Mom or Dad to accompany the child in the water.
- * Parent learns techniques to help teach their child simple water acquaintance safety skills
- * Water adjustment by getting wet and water entry.
- * Blowing bubbles, prone float and back float.
- * Child learns to interact with the water through playing games, and having fun.
- * Underwater exploration (opening eyes), bobbing and jumping in.

Class Description:

- * Child should be potty trained, and able to be separated from Mom/Dad
- * Class will focus on water adjustment skills
- * Students will learn to submerge face, blow bubbles, enter and exit water safely and front and back float with and without support.
- * Recover from front and back float to standing position with and without support
- * Change directions (roll over from front to back with and without support)

Class Description:

- Level 1**-fully submerge head/face into water, supported floating & kicking on front & back, alternating arm action while walking through the water.
- Level 2**-floating & kicking on the front & back, rhythmic breathing, combined stroke on front & back and turning over front to back, back to front.
- Level 3**-elementary backstroke, front crawl & back crawl, glide push offs, dive from a kneeling position and kicks for treading water.
- Level 4**-deep water bobbing, dive from a standing/stride position, build endurance in front & back crawl stroke, learn backstroke & sidestroke and alternate kicks for treading water.

Knightdale Swim Lesson Registration Form

Participant Name: _____ Age: _____

Address: _____ City: _____ Zip: _____

Guardian Name _____ Cell #: _____

Please mark the class in each session you would like to sign up for. You may use one registration form to sign up for multiple sessions for the same child. Mail/Check to: KPRD, 950 Steeple Square Court, Knightdale, NC, 27545

Level 1-4: *New this year:* You do not need to sign up for a specific level; registered students will be tested on the first day of class and put into their proper level. Once your child is placed with an instructor they will remain in that group for the entire session. Please note: the first class of each session may run a few minutes long due to testing.

Session 1-June 8-12	Time	Cost		Total
AM classes				
<input type="checkbox"/> Preschool	9:00-9:25 am	\$20 resident	\$30 non resident	_____
<input type="checkbox"/> Baby & Me	9:30-9:55 am	\$20 resident	\$30 non resident	_____
<input type="checkbox"/> Preschool	10:00-10:25am	\$20 resident	\$30 non resident	_____
PM classes				
<input type="checkbox"/> Baby & Me	7:10-7:35 pm	\$20 resident	\$30 non resident	_____
<input type="checkbox"/> Level 1-4	7:45-8:30 pm	\$35 resident	\$50 non resident	_____
Session 2-June 22-26				
AM classes				
<input type="checkbox"/> Preschool	9:00-9:25 am	\$20 resident	\$30 non resident	_____
<input type="checkbox"/> Baby & Me	9:30-9:55 am	\$20 resident	\$30 non resident	_____
<input type="checkbox"/> Level 1-4	10:00-10:45 am	\$35 resident	\$50 non resident	_____
PM classes				
<input type="checkbox"/> Preschool	7:10-7:35 pm	\$20 resident	\$30 non resident	_____
<input type="checkbox"/> Level 1-4	7:45-8:30 pm	\$35 resident	\$50 non resident	_____
Session 3-July 6-10				
AM classes				
<input type="checkbox"/> Baby & Me	9:00-9:25 am	\$20 resident	\$30 non resident	_____
<input type="checkbox"/> Preschool	9:30-9:55 am	\$20 resident	\$30 non resident	_____
<input type="checkbox"/> Level 1-4	10:00-10:45 am	\$35 resident	\$50 non resident	_____
PM classes				
<input type="checkbox"/> Baby & Me	7:10-7:35 pm	\$20 resident	\$30 non resident	_____
<input type="checkbox"/> Level 1-4	7:45-8:30 pm	\$35 resident	\$50 non resident	_____
Session 4-July 27-31				
AM classes				
<input type="checkbox"/> Preschool	9:00-9:25 am	\$20 resident	\$30 non resident	_____
<input type="checkbox"/> Baby & Me	9:30-9:55 am	\$20 resident	\$30 non resident	_____
<input type="checkbox"/> Level 1-4	10-10:45 am	\$35 resident	\$50 non resident	_____
PM classes				
<input type="checkbox"/> Preschool	7:10-7:35 pm	\$20 resident	\$30 non resident	_____
<input type="checkbox"/> Level 1-4	7:45-8:30 pm	\$35 resident	\$50 non resident	_____
Session 5-August 10-14				
AM classes				
<input type="checkbox"/> Baby & Me	9:00-9:25 am	\$20 resident	\$30 non resident	_____
<input type="checkbox"/> Preschool	9:30-9:55 am	\$20 resident	\$30 non resident	_____
<input type="checkbox"/> Level 1-4	10:00-10:45 am	\$35 resident	\$50 non resident	_____
PM classes				
<input type="checkbox"/> Baby & Me	7:10-7:35 pm	\$20 resident	\$30 non resident	_____
<input type="checkbox"/> Level 1-4	7:45-8:30 pm	\$35 resident	\$50 non resident	_____