

SWIMMING LESSONS

Come learn how to swim from Hudsonville Pool Staff. Young swimmers are taught how to be safe in the water and then how to move in the water. Swimmers are promoted into higher levels as rapidly as possible. Each class has an instructor to swimmer ratio of less than 6 to 1. Please see level descriptions on the back of this sheet.

Cost: \$40 Residents*
 \$50 Non-Residents
 *Residents are those living within the HPS District.



Saturday Lessons

Session A (Every Saturday for 8 weeks)
 January 10 - February 28, 2009
 12:30 p.m. - 1:15 p.m. - Water Babies, Levels 1, 2, 3, 4, 5
 1:15 p.m. - 2:00 p.m. - Water Babies, Levels 1, 2, 3, 4, 5

Session B (Every Saturday for 8 weeks)
 April 18 - June 6, 2009
 9:00 a.m. - 9:45 a.m.- Water Babies, Levels 1, 2, 3, 4, 5
 9:45 a.m. - 10:30 a.m.- Water Babies, Levels 1, 2, 3, 4, 5

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 Please return form and fee payable to:
 Hudsonville Community Education
 3886 Van Buren
 Hudsonville, MI 49426

 Questions: Call 669-7747

Please consider your child enrolled at the time that you register for. We will contact you **only if you are unable to get into your first choice.*

Swim Lesson Registration Form

1st Child Enrollment

Name _____	Age _____		
Address _____			
City _____	Zip _____		
Phone _____			
Email _____			
<u>1st & 2nd Choices</u>			
	Time	Level	Session
1st	_____	_____	_____
2nd	_____	_____	_____

2nd Child Enrollment

Name _____	Age _____		
Address _____			
City _____	Zip _____		
Phone _____			
Email _____			
<u>1st & 2nd Choices</u>			
	Time	Level	Session
1st	_____	_____	_____
2nd	_____	_____	_____

Waiver: I realize that by signing this form, I will not hold Hudsonville Community Education, or any of its employees associated with the above program, responsible for any injuries that might occur. I realize that participating in the this program that there is a certain degree of risk, and that injuries might occur

Parent/Guardian Signature _____

Student Signature _____

Important Information

Priority for registration will be given to Hudsonville School District residents. Class size will be limited to no more than six (6) children. Swim lessons may be canceled due to emergency situations. There is no refund for emergency cancellation. Parents are asked to attend a Parent Orientation meeting on deck during the first session. Parents will be asked to watch lessons from the bleacher area, unless they are part of the Waterbabies class. Swimmers are encouraged to bring and wear goggles during lessons.

Level Descriptions

Water Babies: Ages 6 months - 3 years - An introductory class where the parent and child learn to become comfortable in the water together. This class explores ways to move in the water as well as to have babies feel safe in the water. Noodles, floaties, toys and other water aids are used to make the class fun for the kids.

Level 1: An introductory exploratory class for 1st time swimmers. Once swimmers feel safe and comfortable in the water, instructors will explore basic water movements and skills with the swimmers. Swimmers will also learn to enter the water by jumping, first with help, then by themselves. Floatation (packs, noodles, rings) will be used to help.

Level 2: Swimmers who are comfortable in the water will learn ways to move. Students will improve water skills (kicking, floating, going under water, treading water, breathing techniques, etc.). Students will work on ways to enter the pool. Floatation (packs, noodles, rings) will be used to help.

Level 3: Swimmers will make the transition from using floatation to swimming on their own. Students will improve water skills (kicking, floating, going under water, streamlining, breathing techniques, etc.) Students will work on ways to enter the pool (jumps and beginner dives).

Level 4: Swimmers will be introduced to basic swimming strokes. No floatation will be used, so swimmers should be able to swim doggie paddle across the pool. The basics of freestyle, backstroke and breaststroke will be taught. Diving will be introduced so that, hopefully, they can dive off the pool deck into the water.

Level 5: Swimmers will continue to develop their swimming strokes. Freestyle, backstroke, butterfly and breaststroke will be taught. Breathing patterns will be focused on and stroke drills will be used to help the swimmer improve. Diving will be advanced so that, hopefully, they can dive off the board into the water.