

# SWIMMING LESSONS

Come and learn how to swim from the 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 ration of 6 to 1. For level descriptions, please refer to the back of this sheet.



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

**When:** Every Saturday for eight (8) weeks  
 January 9 - February 27, 2010

**Times:** 12:30 p.m. - 1:15 p.m. - (waterbabies **NOT** available)  
 (choose one) 1:15 p.m. - 2:00 p.m. - (waterbabies **IS** available)

Swim lessons fill up very quickly. Do not wait until the last minute!

You may register **online** by visiting [www.hudsonvillepublicschools.org](http://www.hudsonvillepublicschools.org), or you can mail or drop registration form off at Hudsonville Community Education, 3886 Van Buren, Hudsonville, MI 49426.

## 2010 Winter Swim Lessons

1st Swimmer	Date of Birth	Grade
2nd Swimmer	Date of Birth	Grade
Address	City	Zip
Phone	Cell Phone	
School	Email: (to receive confirmation)	
<b>1st Swimmer Level</b> (circle one): WB 1 2 3 4 5 <b>Time:</b> 1st choice: _____ 2nd choice: _____		
<b>2nd Swimmer Level</b> (circle one): WB 1 2 3 4 5 <b>Time:</b> 1st choice: _____ 2nd choice: _____		

Please return form and fee payable to: Hudsonville Community Education  
 (Do not return to your child's school) 3886 Van Buren  
 Hudsonville, MI 49426

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

Parent/Guardian Signature \_\_\_\_\_

## **Important Information**

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.