

## 2018 Northwestern Summer Swim Lessons

American Red Cross Swimming Lessons will begin at the Northwestern pool on May 29<sup>th</sup>. Dates and times are listed below. We will be offering one, **two-week Red Cross** Learn-to-Swim sessions beginning Tuesday, May 29<sup>th</sup>. There will only be 1 session offered and the following courses: Preschool Aquatics Levels 1-3; Learn-to-Swim Level 1- Intro. to Water Skills, Level 2-Fundamental Aquatic Skills, Level 3-Stroke Development, Level 4-Stroke Improvement, Level 5-Stroke Refinement, Level 6-Swimming & Skill Proficiency. There will **NOT** be a Parent /Child Aquatics class. **Please contact me if you have any questions (W) 765-457-8101 ext. 3303 or (C) 765-432-6557.** Any class can be cancelled due to lack of enrollment. Please return enrollment forms with check to –

**Cindy Britten, Aquatics Director, Northwestern High School, 3431 N. 400 W., Kokomo, IN 46901**  
 Or sign up on **Friday May 25<sup>th</sup> 9:00-11:00** am in the Middle School Lobby.

### PLEASE MAKE CHECKS PAYABLE TO CINDY BRITTEN

#### 1st Session \$50

May 29 – June 12 (No class on Friday June 8<sup>th</sup> due to Special Olympics Summer Games)

Classes offered at -

<b>8:00</b>	Cost \$50 per child
<b>9:00</b>	Cost \$50 per child
<b>10:00</b>	Cost \$50 per child

### PREREQUISITES COURSE LEVEL DESCRIPTIONS

- |                        |  |
|------------------------|--|
| <b>PRESCHOOL L 1-3</b> | The primary objective of this course is to promote the developmentally appropriate learning of fundamental water safety and aquatic skills by young children about 4 and 5 years old. Some skill are; water entry/exit, breath control, buoyancy, treading and swimming on front and back.   |
| <b>LEVEL 1</b>         | No previous experience required. Recommended minimum age for entry is 6. Designed to help students feel comfortable in water, and enjoy the water safely. Instructors will teach elementary aquatic skills which students build on as they progress through the 6 learn-to-swim levels.  |
| <b>LEVEL 2</b>         | Must have L-1 certificate or be able to successfully demonstrate Exit Skills for L-1. Objective of Level 2 is to give student success with fundamental skills. Students learn to float unsupported and begin true locomotion skills with front crawl and back crawl, and basic rescue skills.  |
| <b>LEVEL 3</b>         | Must have L-2 certificate or be able to successfully demonstrate Exit Skills for L-2. Objective for Level 3 is to build on skills form L-2 with additional guided practice. Survival float, front crawl, elementary backstroke are taught. Dolphin and scissors kicks, and head first entries are introduced. Treading water is continued. |
| <b>LEVEL 4</b>         | Must have L-3 certificate or successfully demonstrate Exit Skills for L-3. Objective for Level 4 is to develop confidence in the strokes learned so far and improve other aquatic skills. Endurance is increased, backstroke, breaststroke, butterfly and turns are introduced.  |
| <b>LEVEL 5</b>         | Must have L-4 certificate or successfully demonstrate Exit Skills for L-4. Objective for Level 5 is to coordinate and refine all strokes and increase distances. Flip turns are introduced.  |
| <b>LEVEL 6</b>         | Must have L-5 certificate or successfully demonstrate Exit Skills for L-5. Objective for Level 6 is to refine strokes so students swim with more ease, proficiency, power and smoothness over longer distances. Other aquatic activities are introduced to prepare students for more advanced courses. See A. B. C. under Level 6.         |

- A. Personal Water Safety
- B. Fitness Swimmer
- C. Fundamentals of Diving

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## ENROLLMENT FORM

Please fill out and return to Cindy Britten, Aquatics Director, Northwestern High School, 3431 N. 400 W., Kokomo, IN 46901. Make checks payable to **CINDY BRITTEN**

NAME(S) \_\_\_\_\_  
 AGE(S) \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ PHONE (H) \_\_\_\_\_  
 PHONE(W) \_\_\_\_\_  
 PARENTS \_\_\_\_\_ GRADE(S) (2017-18) \_\_\_\_\_

Please check classes you wish to enroll in: **If more than one child on the form include initials please.**

**1st Session \$50**  
**May 29 – June 12 (No class on Friday June 8<sup>th</sup> due to Special Olympics Summer Games)**  
 \_\_\_\_\_ 8:00 Level \_\_\_\_ PRE/1-6  
 \_\_\_\_\_ 9:00 Level \_\_\_\_ PRE/1-6  
 \_\_\_\_\_ 10:00 Level \_\_\_\_ PRE/1-6

In an emergency, if the instructor or Pool Director is unable to reach you, do we hereby have your permission to take action, including admission to the hospital, as in our opinion, the situation calls for such action? \_\_\_Yes \_\_\_No  
 I hereby assume full responsibility in case of injury, accident or damage or loss of any nature, whatsoever here in named children or his or her property during the course of the above named Red Cross swimming lessons, including transportation in connection therewith, and hereby specifically release and agree to hold harmless Northwestern School Corporation, the program supervisors and instructors there from.

\_\_\_\_\_  
 Signature of Parent or Guardian

\_\_\_\_\_  
 Date