



CSTC Swim Lessons 2017

SWIM LESSONS COORDINATOR:

Stephanie Ruark

Email: swimlessons@canfieldswimclub.org

Cell: 330.360.0254

“LEARN TO SWIM” GROUP SWIM LESSONS:

Swim lesson sessions “Learn to Swim” program will be 2 weeks in length with lessons being taught Monday thru Thursday each of the week. Fridays will be reserved for make-up days for classes cancelled due to inclement weather. As in years past, all children of members are invited to participate. Enjoying swim lessons on consecutive days provides the children with more concentrated learning time and should help families plan their summer out.

The “Learn to Swim” program through the American Red Cross and is taught by our own CSTC lifeguards who are certified as Water Safety Instructors.

All children are welcomed to join the CSTC Swim Team if they are able to swim the length of the pool. **However, our coaching staff strongly encourages children to continue to take swim lessons as well.** The swim lesson program is designed for children to learn the strokes and swim techniques. The Swim Team practice time is not for learning to swim, but for perfecting technique, building endurance, and increasing speed.

FEE:

\$15 per child/per session

DATES:

<u>SESSION</u>	<u>SESSION DATES</u>	<u>REGISTRATION DEADLINE</u>
<i>Orientation Celebration</i>	Saturday, June 10 (10:30-11:00)	Friday, June 9th
<i>Session 1</i>	June 12 - 22	Friday, June 9th
<i>Session 2</i>	June 26 - July 13 <i>(no lessons the week of July 4th)</i>	Saturday, June 24rd
<i>Session 3</i>	July 17 -28	Saturday, July 15th
<i>Session 4</i>	August 7 - 18	Saturday, August 5th

** Lessons will be taught Monday thru Thursday with Friday being a make-up day in case of inclement weather.*

*** Call the CSTC Office prior to lesson if weather is questionable at (330)533-6907 or check the “Canfield Swim & Tennis Club (CSTC)” Facebook page for cancellation updates.*

ORIENTATION CELEBRATION & LEVEL PLACEMENT TESTING DATES:

All swimmers enrolling in swim lessons are welcome to attend the **Orientation Celebration on Saturday, June 10th from 10:30-11:00**. The focus of this time is to have fun and help orient the swimmers to the environment, the other children, and the swim instructors who will be instructing them. This is also an opportunity for the swim instructors to assess your child's ability for placement into the most appropriate level.

LEVELS:

- **Level I (Water Exploration)** – Teaches children with no previous swimming experience water adjustment and basic supported swimming skills
- **Level II (Primary Skills)** – Emphasizes underwater exploration, unsupported locomotion, front and back combined stroke and jumping into the water without help.
- **Level III (Stroke Readiness)** – Teaches front crawl, diving, elementary backstroke and back crawl.
- **Level IV (Stroke Development)** – Teaches side-stroke and breast-stroke, stressing form, coordination and endurance
- **Level V and VI (Stroke Development, Personal Water Safety, Fitness Swimmer)** – Teaches butterfly kick, underwater swimming skills and mastery of stroke skills. This level emphasizes on distance swimming, turns and surface dives. It also promotes endurance swimming, culminating in a continuous 500-yard swim to complete class.

LESSON TIMES:

Please note that the following times are tentative and may be changed due to the number of swimmers registered for each level. **If the times are changed from what is listed you will be contacted via email unless one is not listed on your Registration Form.**

Level 1	10:30-11:00 a.m.
Level 2	11:00-11:30 a.m.
Level 3	11:00-11:45 a.m.
Level 4	10:15-11:00 a.m.
Levels 5 & 6	9:45-10:30 a.m.

REGISTRATION:

Please complete the attached "2017 CSTC Swim Lesson Registration Form" for the session(s) of your choice, and drop off the forms, along with payment, at the CSTC Office or mail it to Stephanie Ruark at the given address by the due date stated for each session. **Each session is to be paid for separately.** We cannot guarantee placement of your child or children in any session if your registration/payment is not turned in by the session's deadline.

PRIVATE SWIM LESSONS:

The Swim Lesson Registration Form is NOT for scheduling private swim lessons. Private swim lesson may be scheduled individually with any of the CSTC swim coaches or lifeguards who are Water Safety Instructor (WSI) certified. Please speak to a staff member in the CSTC Office for more information.

2017 CSTC Swim Lessons Registration Form

Session 1 (June 12th - June 22nd)

Please complete a Swim Lessons Registration Form for EACH session in which you intend to enroll your child. **Session 1 forms and payment are due before Friday, June 9th to the CSTC Office during club hours or mailed to the Canfield Swim & Tennis Club attn: Swim Lessons at PO Box 182, Canfield, OH 44406.**

Be sure to leave the contact information that we may use in case a lesson time is to be changed. Such notifications will be delivered to your email address unless one is not provided.

Member's Name: _____ Member #: _____

Address: _____

Email address: _____

Phone (of person primarily bringing children to lessons): _____

Attending Orientation Celebration on June 10th (Circle "YES" below)

Child's Name: _____ Age: _____ Level: _____ YES

Child's Name: _____ Age: _____ Level: _____ YES

Child's Name: _____ Age: _____ Level: _____ YES

Child's Name: _____ Age: _____ Level: _____ YES

Amount Enclosed for Session1 ONLY (\$15/child): _____

Checks may be payable to the "Canfield Swim and Tennis Club".

We are doing our best to keep our website, Facebook page and grounds up to date with photos, and in order to do so, we ask for your permission to take photos during lessons. Please check your preference below, and provide a signature to ensure that CSTC knows your wishes.

_____ I give the CSTC permission to use photos of my child/children which may appear around the CSTC grounds, the CSTC website, and/or the CSTC Facebook page.

_____ I DO NOT give the CSTC permission to take photos of my child/children during lessons.

Signature: _____ Date: _____

Questions? Call the CSTC at (330) 533-6907 or Stephanie Ruark at (330)360-0254, or email: swimlessons@canfieldswimclub.org

OFFICE USE ONLY:

Date Paid: _____ Amount Paid: _____ Cash/Check: _____ Photo (Y/N): _____

2017 CSTC Swim Lessons Registration Form

Session 2 (June 26th – July 13th) - *No lessons week of July 4th*

Please complete a Swim Lessons Registration Form for EACH session in which you intend to enroll your child. **Session 2 forms and payment are due before Saturday, June 24th to the CSTC Office during club hours or mailed to Canfield Swim & Tennis Club attn: Swim Lessons at PO Box 182, Canfield, OH 44406.**

Be sure to leave the contact information that we may use in case a lesson time is to be changed. Such notifications will be delivered to your email address unless one is not provided.

Member's Name: _____ Member #: _____

Address: _____

Email address: _____

Phone (of person primarily bringing children to lessons): _____

Child's Name: _____ Age: _____ Level: _____

Child's Name: _____ Age: _____ Level: _____

Child's Name: _____ Age: _____ Level: _____

Child's Name: _____ Age: _____ Level: _____

Amount Enclosed for Session 2 ONLY (\$15/child): _____

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2017 CSTC Swim Lessons Registration Form

Session 3 (July 17th - July 28th)

Please complete a Swim Lessons Registration Form for EACH session in which you intend to enroll your child. **Session 3 forms and payment are due before Saturday, July 15th to the CSTC Office during club hours or mailed to Canfield Swim & Tennis Club attn: Swim Lessons at PO Box 182, Canfield, OH 44406.**

Be sure to leave the contact information that we may use in case a lesson time is to be changed. Such notifications will be delivered to your email address unless one is not provided.

Member's Name: _____ Member #: _____

Address: _____

Email address: _____

Phone (of person primarily bringing children to lessons): _____

Child's Name: _____ Age: _____ Level: _____

Child's Name: _____ Age: _____ Level: _____

Child's Name: _____ Age: _____ Level: _____

Child's Name: _____ Age: _____ Level: _____

Amount Enclosed for Session 3 ONLY (\$15/child): _____

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OFFICE USE ONLY:

Date Paid: _____ Amount Paid: _____ Cash/Check: _____ Photo: _____

2017 CSTC Swim Lessons Registration Form

Session 4 (August 7th - August 18th)

Please complete a Swim Lessons Registration Form for EACH session in which you intend to enroll your child. **Session 4 forms and payment are due before Saturday, August 5th to the CSTC Office during club hours or mailed to Canfield Swim & Tennis Club attn: Swim Lessons at PO Box 182, Canfield, OH 44406.**

Be sure to leave the contact information that we may use in case a lesson time is to be changed. Such notifications will be delivered to your email address unless one is not provided.

Member's Name: _____ Member #: _____

Address: _____

Email address: _____

Phone (of person primarily bringing children to lessons): _____

Child's Name: _____ Age: _____ Level: _____

Child's Name: _____ Age: _____ Level: _____

Child's Name: _____ Age: _____ Level: _____

Child's Name: _____ Age: _____ Level: _____

Amount Enclosed for Session 3 ONLY (\$15/child): _____

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