



## CSTC Swim Lessons 2018

### SWIM LESSONS COORDINATOR:

Stephanie Ruark

Email: [swimlessons@canfieldswimclub.org](mailto: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:

<b>SESSION</b>	<b>SESSION DATES</b>	<b>REGISTRATION DEADLINE</b>
<b><i>Orientation Celebration</i></b>	Saturday, June 9 (10:30-11:00)	Friday, June 8th
<b><i>Session 1</i></b>	June 11 - 21	Friday, June 8th
<b><i>Session 2</i></b>	June 25 - July 12 <i>(no lessons the week of July 4th)</i>	Saturday, June 23rd
<b><i>Session 3</i></b>	July 16 -26	Saturday, July 14th

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

**For instant communication about weather cancellations and reminders, please send a text to 81010 with the message “@eloomis”. Otherwise call the CSTC Office 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 9<sup>th</sup> 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	10:15-10:45 a.m.
Level 2	11:15-11:45 a.m.
Level 3	10:15-11:00 a.m. OR 11:00-11:45 a.m. <i>*Please note your time preference on Registration Form</i>
Level 4	10:30-11:15 a.m.
Levels 5 & 6	9:45-10:30 a.m.

### REGISTRATION:

Please complete the attached "CSTC Swim Lesson Registration Form" for the session(s) of your choice, and drop off the forms, along with payment, at the CSTC Office 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.

# 2018 CSTC Swim Lessons Registration Form

## Session 1 (June 11<sup>th</sup> - June 21<sup>nd</sup>)

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 9<sup>th</sup> 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.

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Member's Name: \_\_\_\_\_ Member #: \_\_\_\_\_

Address: \_\_\_\_\_

Email address: \_\_\_\_\_

Phone (of person primarily bringing children to lessons): \_\_\_\_\_

### Attending Orientation Celebration on June 9th (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 Session 1 ONLY (\$15/child): \_\_\_\_\_

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

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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](mailto:swimlessons@canfieldswimclub.org)**

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### OFFICE USE ONLY:

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

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# 2018 CSTC Swim Lessons Registration Form

## Session 2 (June 25<sup>th</sup> – July 12<sup>th</sup>) - *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 Sat., June 23<sup>rd</sup> 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.

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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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# 2018 CSTC Swim Lessons Registration Form

## Session 3 (July 16<sup>th</sup> - July 27<sup>th</sup>)

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 Sat., July 14<sup>th</sup> 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.

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Member's Name: \_\_\_\_\_ Member #: \_\_\_\_\_

Address: \_\_\_\_\_

Email address: \_\_\_\_\_

Phone (of person primarily bringing children to lessons): \_\_\_\_\_

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Level: \_\_\_\_\_

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Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Level: \_\_\_\_\_

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

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Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

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### OFFICE USE ONLY:

Date Paid: \_\_\_\_\_ Amount Paid: \_\_\_\_\_ Cash/Check: \_\_\_\_\_ Photo: \_\_\_\_\_

