



CSTC Swim Lessons 2020

SWIM LESSONS COORDINATOR:

Stephanie Ruark

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“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.

New Procedures for COVID-19 Safety:

- Levels 1-3 will require an adult per child to be in the water with them to assist their swimmer manually while the WSI gives instruction and guidance from the pool deck.
- Levels 1-3 will have the pool divided into 6 quadrants in which each will have a set of diving toys which will be sterilized after each use (families are welcome to bring their own diving toys if preferred).
- Levels 4-6 will have swimmers in the pool independently while the WSI gives instruction from the pool deck. ****Levels 5 & 6 is the recommended option for swimmers who would have participated in the Swim Team’s 8 & Unders.***
- All class sizes will be limited and sign-ups will be on a first-come, first-serve basis
 - Levels 1-3: no more than 6 adult/child pairs per session
 - Levels 4-6: no more than 6 swimmers per session

FEE:

\$15 per child/per session

DATES:

<u>SESSION</u>	<u>SESSION DATES</u>	<u>REGISTRATION DEADLINE</u>
<i>Session 1</i>	June 15 - 26	Saturday, June 13th
<i>Session 2</i>	June 29 - July 10	Saturday, July 27th
<i>Session 3</i>	July 13 - 24	Saturday, July 11th
<i>Session 4</i>	July 27 - Aug. 7	Saturday, July 25th

** Lessons are Monday - Thursday with Friday being a make-up day in case of inclement*

weather.

SWIM LESSON LEVEL PLACEMENT TESTING:

We will not be offering an Orientation Celebration this year, but if you have any questions or concerns about the level of your swimmer, please call the front office to set up a time to meet with one of our WSIs and they can assess your child's ability for placement into the most appropriate level.

LEVELS:

Shallow End:

- **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

Diving Well /Deep End:

- **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.
- ****This is the recommended option for swimmers who would have participated in the Swim Team's 8 & Unders as their first year on the swim team.***

LESSON TIMES:

Please note that the following times are tentative and may be changed from each session and 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.**

9:00 - 9:30	Level 3 (Shallow)	9:00 - 9:45	Levels 5 & 6 (Deep)
9:30 - 10:00	Level 1 (Shallow)	9:45 - 10:15	Levels 5 & 6 (Deep)
10:00 - 10:30	Level 2 (Shallow)	10:15 - 11:00	Level 4 (Deep)
10:30 - 11:00	Level 3 (Shallow)	11:00-11:45	Levels 5 & 6 (Deep)

REGISTRATION:

At this time, registration will NOT be completed on our website. **Please TEXT or EMAIL Stephanie Ruark to register for lessons before June 9th** so we can gauge interest and build a plan to accommodate as many families as possible. *As we are working on a limited capacity for lessons, it is not guaranteed that there will be a spot so please register early!* Please include the following in the text/email:

- Your First & Last Name & best way to contact
- The First & Last Name of each swimmer
- The Ages of each swimmer
- The swim levels you believe each swimmer would be starting (we can always adjust to their abilities)

We will email those registered with the finalized lesson schedule on June 10th. Please bring a check payable to "Canfield Swim Club" or cash to the first day of lessons (June 15th) in order to solidify your spot.

Please contact Stephanie Ruark at 330-360-0254 or email at sbellish@gmail.com.

PRIVATE SWIM LESSONS:

This 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.

SWIMMER INFORMATION

Full Name (first and last)	Date of Birth	Age on June 1	Sex M/F	Please list any allergies or medical conditions:	Does he/she take any medications? (Yes/No)	List of Medications child is taking:

EMERGENCY MEDICAL CONTACT INFORMATION

Physician Name _____ Phone _____

Dentist Name _____ Phone _____

Alternate Contact Information: In case of an *emergency* and a parent/legal guardian cannot be reached

Name _____ Phone _____ Relationship _____

MEDICAL CONSENT AUTHORIZATION: I hereby grant permission to Canfield Swim and Tennis Club to obtain medical and/or dental attention or treatment for the above listed swimmer(s) in the even of an emergency until I can be contacted. I release Canfield Swim and Tennis Club, Youngstown Swim League and each of their respected officers, agents, employees, members and any other persons in any way connected with this club from any and all liabilities, claims, demands, actions, or causes of action of whatever character arising out of or in connection with said event. Further the undersigned shall indemnify and hold harmless the host club, YSL, and the officers, trustees, agents, employees and members of the forgoing and all other persons in any way and claims arising out of or in connection with any injury, including death, or alleged injury and damage to property sustained or alleged to have sustained in connection with or to arise out of said event.

YES TO CONSENT

NO TO CONSENT

Name _____ Signature _____ Date: _____