Swim Lessons 2020

Everything you want to know about Mill Creek Swim Lessons.

Different this year:

1) Signup by email registration is preferred.
2) Use the attached form to complete sign-up. (Form last page.)

In offering swim lessons this year we needed to balance the fact that pool access during the day might be limited and a financial state that requires we break even on the lessons. After much input and discussion, the best approach is to offer lessons as follows, reaching the best balance.

Level 4 and above: 8 - 8:30
Level 3/4: 8:35 - 9:05 (May move some students to other time to balance pool space.)

Level 1/2: 10 - 10:30. Pool will remain open to general swim at this time.
Note: since instructors must distance from the students and this level requires assistance in the water a parent or suitable sibling must accompany the student in the water. Guards will still lead the lesson, with your hands assisting the student.

Cost: $ 40 / student

Minimum number: We require a minimum of 35 students enroll. If we do not reach that level swim lessons will be cancelled.

With this schedule pool hours would become:

Lessons 8 - 9
Senior hour 9:05 - 10
General swim: 10 - 8:30

Registering:
Please complete and return the attached form. Return by **email** is preferred. US mail must be sent by Wednesday so we receive it by Friday. Bring check to pool first day. (email to member@millcreekpoolclub.com. If mailing Mill Creek Pool Club, PO Box 788, Webster, NY 14580.) Classes fill in order received.

Completing the form:
Determine what swim level. If you don't know the level your child completed last year use the guidelines below to help. If still unsure, make your best estimate. After the pool opens discuss with the Senior guards or test and then we'll make adjustments. If they didn't complete the level, which often happens, they should remain in that level.

Swim Lessons:

Our lessons begin with introduction to the water and very basic skills and progress through advanced stroke development. We offer morning lessons, consisting of 10 lessons of 30 minutes each delivered over 2 weeks. In all lessons we strive to help your swimmer improve their skills. Cost $40 per child. Complete session details and sign up forms follow.

Past years we have offered evening lessons. We don't know if it will be possible this year. The included form includes addition to an evening lesson wait list. We will evaluate based on interest.

Swim Levels

Defined on next page.

Swim Levels

Level 1: Introduction to Water Skills ***Purpose:*** Helps students feel comfortable in the water. Level 1 participants learn to: • Enter and exit water safely • Submerge mouth (head) independently • Exhale underwater through mouth and nose • Open eyes underwater, pick up submerged object , at least 2 times • Float on front and back with support • Swim on front and back using arm/leg actions • Rollover front to back, back to front w/support • Treading – explore arm and hand movements in chest-deep water • Follow basic water safety rules, helping others **Level 1 Exit Skills Assessment:** 1) enter unassisted, move 5 yds, bob 5 times to chin level, safety exit water; 2) Float on front w/support for 3 seconds, assisted roll to back, assisted float on back for at least 3 seconds.	**Level 2: Fundamental Aquatic Skills** ***Purpose:*** Gives students independent success with fundamental skills. Level 2 participants learn to: • Enter water independently, jumping from the side, in chest deep water • Exit water safely using ladder or side • Swim on side • Submerge entire head, at least 5 seconds • Rhythmic pattern of exhaling while head is submerged (bobs) • Open eyes underwater, pick up a submerged object, at least 3 times in shallow water • Float on front and back unsupported • Perform front and back glide, unsupported • Roll over from front to back, back to front • Swim on front and back using combined strokes, at least 15 feet unsupported • Treading using arms and legs unsupported in chest-deep water • Water safety rules, helping others, swim while wearing a life jacket **Level 2 Exit Skills Assessment:** 1) Without assistance, step from side into chest-deep water, move into front float for 5 seconds, roll over to a back float, return standing position, then move to back float for 5 seconds and return to a standing position; 2) Push off & swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.
Level 3: Stroke Development ***Purpose:*** Builds on skills from Level 2 & develops strokes through additional guided practice. Level 3 participants learn: • Jump into deep water from the side • Dive from kneeling or standing position, in water at least 9 feet deep • Perform front & back float at least 30 seconds • Submerge and retrieve an object • Bob with the head fully submerged, chest deep • Perform front & back glide w/2 different kicks • Use rotary breathing in horizontal position • Perform front and back crawl, 15 yards • Butterfly - kick and body motion, 15 feet • Perform the HELP and Huddle position • Change from horizontal to vertical position on front and back • Water safety rules, perform a reaching assist **Level 3 Exit Skills Assessment:** 1) Jump into chest-deep water from the side, swim front crawl for 15 yards w/ face in the water breathing (to front or side), maintain position by treading or floating for 30 seconds, back crawl for 15 yards.	**Level 4: Stroke Improvement** ***Purpose:*** Develops confidence and strength to improve skills learned and introduces new aquatic skills. Level 4 participants learn to: • Shallow dive or dive from stride position, in at least 9 feet of water • Swim underwater, 3 body lengths • Front and back float, survival float, 1 minute • Perform feet-first surface dive • Perform open turn on front/back using any stroke • Tread water using sculling arm motions and various kick, 1 minute • Use safe diving rules, water safety rules, perform a throwing assist • Care for conscious choking victim • Perform compact jump a height while wearing a life jacket • Perform the following: o Front and back crawl, 25 yards o Breaststroke & Elementary backstroke, 15 yards o Butterfly, 15 yards o Swim on side w/scissors kick, 15 yards **Level 4 Exit Skills Assessment:** 1) Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards. 2) Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.
Level 5: Stroke Refinement ***Purpose:*** Provides further coordination and refinement of strokes, swimming further distances.	**Level 6: Swimming and Skill Proficiency**

2020 Swim Lesson Signup – Updated 7/7/20

Please complete and email to member@milcreekpoolclub.com (preferred and bring check first day) or return by US mail (mail soon so we receive it) to Mill Creek Pool Club, PO Box 788, Webster, NY 14580. Classes fill in the order email / forms received.

Parent Name: _____ Phone: _____

Email: _____

Cost: $40 per child / session. Number of sessions: _____ Cost: _____ Paid: _____
(sales tax included)

Select the lesson(s) desired and write in the child's name. For more than one child use multiple columns. In Level 4 and above please indicate child's level. All classes subject to minimum and maximum enrollment requirements and/or limits.

Session 1: July 13 to July 24

2 week lesson (M-F and M-F)

To balance class size you may be moved to the other time.

Session #	Level	Time	Duration	Child 1	Child 2	Child 3	Child 4
1 – A	4 and above	8:00 – 8:30	½ hour (10 classes)				
1 – B	3	8:35 – 9:05	½ hour (10 classes)				
1 – C	1 & 2	10:0 – 10:30	½ hour (10 classes)				
	NOTE: For Level 1 & 2 requires a parent or suitable sibling must accompany the student in the water. Due to distancing requirements guards will lead but we need your hands in the water.						

Evening Lessons: July ? to July ?

Lessons over 3 ½ weeks – 2 classes/week

This is for an interest/wait list. Pool would not be closed during lessons. Minimums apply. We will evaluate based on actual numbers.

Session #	Level	Time	Duration	Child 1	Child 2	Child 3	Child 4
E –MW-4	4 and above	6:30 – 7:15	3/4 hour (7 classes)				
E – MW-3	3	7:15 – 8:00	3/4 hour (7 classes)				
				Note: the pool will not be closed during evening swim lessons. We will work around other swimmers.			

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Private Lessons: In response to requests, the guards have been approved to provide private lessons. Arrangements are to be made with the lifeguard directly and must be provided to a member and must be done when the guard is off duty. No non-members can receive lessons.