

Deerfield SWIM LESSONS at Veasey Park
With Certified Water Safety Instructor Maggie O'Connell
Lessons are open to and free of charge to Deerfield residents only
First Session = July 5 to July 15
Second Session = July 26 to August 5

Parent and Child Aquatics: Ages 8 months – 2 years old

Parents are taught to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills. Children are introduced to basic skills that lay a foundation to help them learn to swim. Several water safety topics also are introduced for the parents.

30 minutes

M, T, W, and Th 10:30

Preschool Aquatics: Ages 2 years old to 5 years old

Level 1: Elementary aquatic skills are learned as children learn to become comfortable with the water. A course for children who have little to no experience

30 minutes

M, T, W, and Th 2:15

Level 2: Build on the levels learned in level 1. Most skills are performed with assistance. This level marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain more proficiency for future strokes.

30 minutes

M, T, W, and Th 12:45

Level 3: Build on the information learned in level 1 and 2 and provide additional guided practice of basic aquatic skills at slightly more proficient performance levels and greater distances and times. Skills in this level are performed independently. Children should improve coordination of combined simultaneous arm and leg actions and alternating arm and leg actions.

30 minutes

M, T, W, and Th 11:15

Learn to Swim: Ages 4 years old and up.

Level 1: Basic personal water safety information and skills are learned, participants also learn to feel comfortable in the water and to enjoy the water safely. This level is like Preschool aquatics for made for an older age group.

30 minutes

M, T, W, and Th 1:30

Level 2: The children learn to float without support and recover vertically. This level marks the beginning of true locomotion skills. Children further develop simultaneous and alternating arm and leg actions on the front and back that lay the foundations for future strokes.

M, T, W, and Th 3:00

Level 3: Participants learn the survival float, swim the front crawl, and elementary backstroke. The scissors and dolphin kicks are taught, along with treading water. The children will learn rules for headfirst entries and begin to learn to enter the water headfirst from a seated position (may not be taught).

30 minutes

M, T, W, and Th 12:00

Level 4: Children become more confident with the strokes learned before and earn the sidestroke, back crawl, breaststrokes, butterfly, and the how to turn. This is a more technique intensive level.

30 minutes

M, T, W, and Th 3:45

Registration on next page

Registration

Name of child _____ Age ____ DOB _____

Name of Parent _____ Phone _____

Email _____

Session date and level _____

Please list any medical concerns _____

Please check appropriate course

Parent and child Aquatics _____ Preschool Aquatics _____ Learn to swim _____

I have read and agree to the expectations of each level. I will not hold the Town of Deerfield or its agents responsible for any accidents that may occur due to my child's participation.

Parent Signature

Date

Space is limited for each class. Registration deadline is June 29, 2010. Forms may be returned to either Veasey Park or to the rec office in the George B. White Building, Po Box 159
