

Saturday Morning Swim Lessons

Our toddler and youth swim lessons aim at developing basic swimming skills as well as increasing children's comfort levels in both shallow and deep water. The Byron Park District instructors include H.S. and older individuals who enjoy swimming and wish to teach others to enjoy the water too. The instructor/student ratio varies with class level enrollment, but will be structured with one instructor per three to six students or two instructors per seven to ten students. The Byron Park District will strive to schedule the same instructor with the same students each session, but we may have substitute instructors teaching when the regularly scheduled instructor is unavailable.



Parent-Tot:

Ages: 6 mos. - 4 yrs

In this program, parents are taught to safely work with their child in the water including how to support and hold their child. The program introduces water safety topics and aims at increasing a child's comfort level in the water along with building a foundation of basic swimming skills and breath control. Skills are taught through various games and songs. **One parent must be in the water with the youngster.**
Swim Diapers Required!

Level I:

Ages: 3+ years

In this level, students learn basic swimming skills and breath control without the aide of a parent. The main goals for this level are to be comfortable submerging their head, and performing front and back kicks, floats and arm movements with various swimming equipment. **Please note: if your child is comfortable putting his/her face in the water, you should register for Beginner Level II.**

Beginner Level II:

Ages: 3+ years

In this level, students will improve upon the skills they learned in Level I. The goals in this level are to perform floats independently, swim unassisted for 2-3 body lengths on their fronts & backs using alternating arm and leg movements, and to briefly tread water unassisted.

Advanced Level II:

Ages: 3+ years

Students in this level work on improving the skills from Beginner Level II and progress to swimming 10 - 15 yds on their fronts and backs using alternating arm and leg movements.

Level III:

Ages: 4+ years

Students in this level continue working on treading water and increasing their swimming distance with the front and back crawl strokes to 25 yds. New skills include diving, butterfly kick, elementary backstroke, sidestroke kick, and using rotary breathing in the front crawl stroke.

Level IV:

Ages: 5+ years

During this level, swimmers shall develop confidence and improve upon previously learned skills. New swimming skills include the sidestroke, breaststroke, and butterfly.

WHERE: Byron High School Pool (Enter thru Door #10)

WINTER SESSION

WHEN: January 7 - February 18 (No 2/4) 6 wks

CODE	LEVEL	TIME	FEE (R/N)
210310-S1	Parent-Tot	9:55 - 10:25 am	\$35/\$40
210311-S1	Level I	8:30 - 9:00 am	\$35/\$40
210311-S2	Level I	10:30 - 11:00 am	\$35/\$40
210312-S1	Beg. LII	8:30 - 9:00 am	\$35/\$40
210312-S2	Beg. LII	9:55 - 10:25 am	\$35/\$40
210313-S1	Adv. LII	9:05 - 9:50 am	\$40/\$48
210314-S1	Level III	9:05 - 9:50 am	\$40/\$48
210315-S1	Level IV	10:30 - 11:15 am	\$40/\$48

Registration Deadline: Monday January 2nd

*Receive a \$5 Discount if you register before deadline

SPRING SESSION

WHEN: March 3 - May 12 (No 3/31, 4/7, 5/5) 8 wks

CODE	LEVEL	TIME	FEE (R/N)
310310-S1	Parent-Tot	9:55 - 10:25 am	\$45/\$55
310311-S1	Level I	8:30 - 9:00 am	\$45/\$55
310311-S2	Level I	10:30 - 11:00 am	\$45/\$55
310312-S1	Beg. LII	8:30 - 9:00 am	\$45/\$55
310312-S2	Beg. LII	9:55 - 10:25 am	\$45/\$55
310313-S1	Adv. LII	9:05 - 9:50 am	\$55/\$65
310314-S1	Level III	9:05 - 9:50 am	\$55/\$65
310315-S1	Level IV	10:30 - 11:15 am	\$55/\$65

Registration Deadline: Monday February 27th

*Receive a \$5 Discount if you register before deadline

WINTER & SPRING 2012 SATURDAY SWIM LESSONS

Name: _____ Birthdate: _____

Address: _____

City, State, Zip: _____ Phone: _____

Mark the class you are registering for: *\$5 Discount if register before deadlines (1/2 or 2/27)

Winter 1/7-2/18 Level: _____ Time: _____ Fee: \$35/\$40 or \$40/\$48
 Spring 3/3-5/12 Level: _____ Time: _____ Fee: \$45/\$55 or \$55/\$65

RELEASE OF LIABILITY STATEMENT

In consideration of me (or my child/ward) being allowed to enroll in this course(s), I hereby personally assume all risks in connection with this activity and I release the instructors, supervisors, owners and the Byron Park District for any injury or damage and further I save and hold harmless the instructors, supervisors, owners and the Byron Park District from any claim by me, my family, estate, heirs, or assigns, arising out of my enrollment and participation.

I have read and fully understand the above program details and waiver release of all claims.

Signature of Parent or Guardian Date

