



Spring Early Evening 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 & deep water.

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

INSTRUCTORS: Various HS Swim Instructors

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.

Register before the
Deadline & Receive
a \$5 Discount

Session I: March 6 - 29, 2012 (4 wks)

Days: Tuesdays & Thursdays

CODE	LEVEL	TIME	FEE
310311-E1	Level I	4:15-4:45 p	\$45/\$55
310312-E1	Beg. II	4:15-4:45 p	\$45/\$55
310313-E1	Adv. II	4:45-5:30 p	\$55/\$65
310314-E1	Level III	4:45-5:30 p	\$55/\$65

Registration Deadline: Monday February 27th

*Register before the deadline to receive a \$5 discount

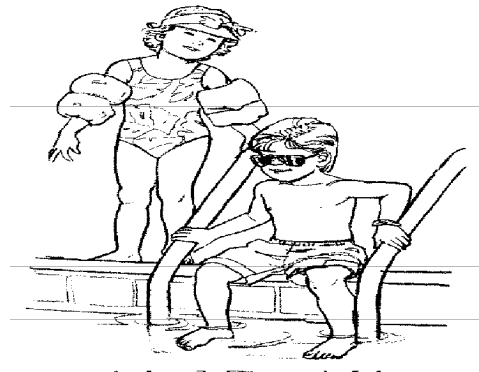
Session II: April 17th - May 10th (4 wks)

Days: Tuesdays & Thursdays

CODE	LEVEL	TIME	FEE
310311-E2	Level I	4:15-4:45 p	\$45/\$55
310312-E2	Beg. II	4:15-4:45 p	\$45/\$55
310313-E2	Adv. II	4:45-5:30 p	\$55/\$65
310314-E2	Level III	4:45-5:30 p	\$55/\$65

Registration Deadline: Monday April 9th

*Register before the deadline to receive a \$5 discount



SPRING 2012 EARLY EVENING SWIM LESSONS

Name: _____ Birthdate: _____

Address: _____

City, State, Zip: _____ Phone: _____

Mark the Class you are registering for:

Session: _____ Level: _____ Time: _____

Fee: \$45/\$55 Level I & Beg. II \$5 Discount if registering before
\$55/\$65 Adv. II & Level III Deadline (2/27 or 4/9)

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