

# Gillam-Grant Community Center SWIMMING LESSONS

6 Week Session  Saturdays  Apr 22, 29 May 6, 13, 20, June 3  
No Class May 27th!

**Register NOW for swimming lessons. The Gillam-Grant Program has been restructured to accommodate more children and more levels of instruction and smaller class size. Class size is limited, so register soon. First come, first serve basis for preferred times. Our Swimming Lesson Coordinator is Randal Henning.**



**LESSON LEVELS:** Determining level is based on age and level of swimming skills. We recommend Levels I and Up for children 4 and older.

**PARENT & TOT PROGRAM:** Ages 1 and up with parent. Introduce your child to the water through play! A great bonding experience for you and your child.

**LEVEL I: Penguin Bobbers** ~ This level introduces children to the water with the parent.



Enter and exit the water independently. Submerge face and blow bubbles.  
Walk in water and maintain balance. Bounce/ bob in chest deep water.  
Float with support. Kick with support (kick board). Practice basic alternating arm action.

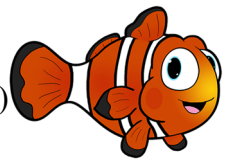
**Sea Horse** ~ Children are familiar with the water and now need to develop skills. Hold breath and fully submerge for more than 5 seconds.



Submerge to retrieve objects in chest deep water. Explore deep water with floatation support.  
Perform flutter kick on front and back (support optional). Perform back crawl arm action.  
Turn over from front to back and back to front. Float on back while finning with hands.  
Perform combined (kick & arms) stroke front, 5 yards and stroke back, 5 yards  
Jump into deep end water with floatation support.

## LEVEL II: (Intermediate Levels)

**Clown Fish** ~ Learning the Strokes of Swimming. Must be self propelling.  
Elementary back stroke, front crawl, breaststroke. (Learning goal is 15 yards)  
Jump / Dive into deep end of pool. Tread water.  
Coordinate arm stroke with breathing from side to side.



**Sting Rays** ~ Advanced Stroke Swimming.  
Elementary back stroke, front crawl, breaststroke. (Learning goal is 25 yards)  
Tread water for 1 minute.



**LEVEL III: Hammerhead: Learning Competitive Swimming**  
Learning proper stroke techniques. Learning to do starts and turns.



**LEVEL IV: Dolphin: (Advanced) Learning Competitive Swim**  
Advanced techniques of competitive swim. Endurance practice.





# Gillam-Grant Community Center

## SWIMMING Registration Form

CLASS SIZE IS LIMITED AND  
FILLED ON A FIRST COME  
FIRST SERVE BASIS.

SWIMMER'S NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ AGE \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_ GRADE LEVEL: \_\_\_\_\_

PARENT/GUARDIAN NAME: \_\_\_\_\_

PHONE: WORK \_\_\_\_\_ HOME \_\_\_\_\_ CELL \_\_\_\_\_

**LEVELS:** (Please check one) See reverse for description.  
Offered on a first come, first serve basis. If the time you indicated is not available, we will notify you. You can also indicate your preference by numbering them 1, 2, 3, etc.

Years of Swimming Experience: \_\_\_\_\_

	Penguin Bobbers	Sea Horse	Clown Fish	Sting Ray	Hammer-head	Dolphin	Parent & Tot
9:00-9:30AM				X	X	X	X
9:35-10:05AM				X	X	X	X
10:10-10:40AM				X	X	X	X
10:45-11:15AM	X	X	X				

The teaching staff will be evaluating the skills of children during the first class and re-classify them if necessary. Re-classification may make it necessary for your child to move to a different session time. The coordinator, Mr. Henning can discuss options with you at this point. Dates of class may be adjusted due to school functions. Notification will be given in advance if this is necessary.

**Cost for 6 week Session: \$45 Member / \$55 Non-Member.** Payment must occur with registration to secure your child's spot. Checks can be made out to **Gillam-Grant Community Center.**

During all classes, we ask that you watch your child (ren) from the bleachers overlooking the pool area. Parents should not be around the outside of the pool. Children with long hair should tie their hair back or wear a swim cap. Each child should bring their own bathing suit and towel. Children should be prepared to swim on the first day of class.

**Insurance Waiver:** I hereby release, indemnity, and hold harmless the Gillam-Grant Community Center, Inc, the Byron-Bergen Central School District, the staff, instructors, any and all. In case of injury to myself or my child, I hereby waive all claims against the GGCC, the staff, or instructors appointed by them. I likewise waive, to the extent not covered by liability insurance, any claim against any person transporting myself or my child to and from activities.

Signature of Parent or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

