

Hancock Community Education Swimming Lessons (2011)

Swimming Lessons will run from Monday, June 6th – Friday, June 17th, 2011 at the Regional Fitness Center in Morris. The Hancock school will provide transportation by bus both to and from swimming lessons.

Times: Level 1, 2, and 4 will run from 9:10am – 10:00am
Level 3, 5, and 6 will run from 10:10am – 11:00am

Cost: \$40.00 (Payable to Hancock Public School) RETURN BY MAY 10th TO RESERVE A SPOT!!!!

Hancock Community Ed will provide a supervisor to ride the bus and make sure that the students get in and out of the water at the proper times. The Regional Fitness Center is allowing the students to play in the gym for 50 minutes while they wait for the other group to finish up with swimming lessons. The kids will be supervised at all times.

Level I – Introduction to Water Skills (Must be 5 years of age to take this class). Some exceptions will be made. The students will work on supported floating and kicking on front and back; alternating arm action; combine arm and leg action on front and back; water safety rules; how to get help in an emergency; reaching assist without equipment; and fundamentals of using a life jacket.

Level II – Fundamental Aquatic Skills: Floating and Kicking on front and back; combines stroke on front, back, and side; turning over front to back to front; reaching and extension assist; and familiarity with rescue breathing.

Level III – Stroke Development: Fundamentals of butterfly kick and body motion; front crawl, back crawl, rhythmic breathing; jumping into deep water with a life jacket; diving from side of pool; treading water; self rescue skills; and rescue breathing.

Level IV – Stroke Improvement: Deep water bobbing; feet-first surface dives; dives from side of pool from stride and standing positions; elementary backstroke, butterfly, and breaststroke; turns at the wall; throwing assists, and care of choking victims.

Level V – Stroke Refinement: Alternate breathing; swimming under water; butterfly; open turns on front and back; diving safety; and treading water.

Level VI – Personal Water Safety: Working on open turns as well as flip turns, survival floating and self-rescue techniques, retrieving objects from a surface dive.

Name _____ Grade Completed _____ Age _____

Address _____ Phone _____

Level _____

I hereby waive and release Hancock Community Education, the RFC, and the employees from any and all liability for any damages or injuries while participating in any activities.

Parent/Guardian Signature _____ Date _____

