



Swim, Tennis & Pickleball Club
2020 Summer Swim Lessons
Christine Reshetiloff, Instructor
weR4sail@yahoo.com

There will be three sessions of organized group swim lessons at Mears this summer. As in the past, each full session will last for two consecutive weeks, Monday-Thursday mornings for 30 minutes each.

Only lessons missed due to cancellation for weather can be made up, and only if there is space in the following session to accommodate.

The instructor is current Red Cross lifeguard, as well as a former Anne Arundel Drownproofing Instructor and Water Safety Instructor with over 25 years teaching experience. The cost of each session is \$90.00 which must accompany registration in order for the child to hold a place in the class. Space is limited and children are accepted on a first-come basis, **MEMBERS ONLY**. Class fee is non-refundable. Should your child be unable to participate, every effort will be made to accommodate him/her in another session, if space allows. To avoid scheduling conflicts, be sure to check the dates and times carefully!

The session dates are as follows:

Session I: July 6 – 9 and July 13 – 16
Session II: July 20 – 23 and July 27 – 30

Each session will contain the following three classes in this order. **PLEASE CHOOSE ONE.**

8:30 - 9:00 a.m.- Level III/IV: Stroke Readiness/Stroke development: (approximate age is 5 – 9 years)
This course is designed for the child who is able to demonstrate basic water skills (i.e. prone/back float, bobbing, proper nasal exhalation, etc.) who needs stroke development/refinement, proper rhythmic breathing and endurance practice. Students coordinate front and back crawl, are introduced to elementary backstroke and the fundamentals of treading water, as well as the rules for safe diving. Breaststroke and sidestroke are introduced in IV as well as the basics of turning at a wall and emphasis on water safety.

9:00 - 9:30 a.m.- Level I/II: Water Exploration/Primary Skills: (approximate age is 4 – 6 years)
This course is designed to teach the foundation of stroke readiness (bobbing with proper nasal exhalation, jumping in from the side and prone/back float). Students may or may not be able to “doggie-paddle” but should either be able to touch the bottom in the shallow end, or else be able to get safely to the wall or steps without panicking (e.g., bobbing, floating, or swimming under water). Children should feel comfortable in a class environment independent of parent.

9:30 - 10:00 a.m.- Parent/Child: Prep For Learn To Swim Program: approximate age is 6 months - 3 years)
This is a Red Cross course designed for the parent and child. Its purpose is to introduce the child to the larger aquatic environment in a fun, safe and comfortable way. Use of toys, songs and games illustrate and promote basic water safety techniques and introduce basic float and stroke readiness skills. The instructor acts in the capacity of a facilitator of parent-child interaction. Through the process of guidance, instruction and positive corrective feedback, parents help children properly lay the foundation for the Learn to Swim program. This course is appropriate for older children who are not yet comfortable with putting their face in the water.

Please retain a copy of this form for your records!



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Parent/Guardian _____ Child's Name _____ Age _____
Cell Phone _____ Email _____

Please your first choice: Mini-Session Session I Session II Session III

Please your class selection: Level III/IV Level I/II Parent/Child

If your first choice is not available,

Please your second choice: Mini-Session Session I Session II Session III

Include your Check for \$90, **payable to** Christine Reshetiloff,
and send to: **189 S. Southwood Ave. Annapolis, MD 21401**

Checks not sent to this address may not be received in a timely manner!!!

*Questions? E-mail me: weR4sail@yahoo.com ☺ Private lessons available for ages 4 and up!
Text request to 410/212-8552

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