

Spring Lake Recreation Commission

2017 SUMMER SWIMMING LESSONS

All lessons are held at the **Spring Lake Community Fitness & Aquatic Center**,
DO NOT register at the Fitness & Aquatic Center.

Child's Name: _____ Age _____ M/F _____ DOB _____

School/Grade (17-18 Yr): Holmes Jeffers SLIS SLMS SLHS Other _____

Parent(s) Name _____

Email Address _____

Phone (Primary) _____ (Secondary) _____

Address _____ City _____ Zip _____

Residency (check one):

RESIDENT: Crockery Township SL Township SL Village Non-Resident student attending SL schools

NON-RESIDENT: Other _____

Mail or deliver this form and check (**payable to Spring Lake Recreation**) by May 26th for Session 1:

Spring Lake Area Recreation Commission
 345 Hammond Street
 Spring Lake, MI 49456
 Telephone (616)846-5502

RESIDENT \$25.00

NON-RESIDENT \$50.00

Permission is hereby granted for the above child to participate in swimming lessons. This child will be 5 years old or older, before Sept. 1, 2017 and is physically fit to take water safety instruction at the Spring Lake Community Aquatic Center. This program is jointly financed by Crockery Township, Spring Lake Township and the Spring Lake School District. I understand that these organizations are NOT liable in the case of an accident.

List any known health issues: _____

PARENT/GUARDIAN

SIGNATURE _____ **DATE** _____

CIRCLE SESSION & LEVEL (level explanations on back)

	SESSION 1	SESSION 2	SESSION 3	SESSION 4
DATE	June 12 – June 23	June 26 – July 7	July 10 – July 21	July 24 – August 4
LEVEL	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7

Please list special circumstances to be considered for scheduling this individual. This would include carpooling, participation in other programs, siblings registered in other levels, etc.

Lessons held in the FAMILY POOL (shallow pool)

LEVEL 1 – WATER EXPLORATION - *Not comfortable in water.* This class is to introduce students to the pool and begin teaching elementary skills.

LEVEL 2 - PRIMARY SKILLS – *Must feel comfortable in the water.* This class is to build on elementary strokes, safety, and rescue skills.

Lessons held in the COMPETITION POOL (deep pool)

LEVEL 3 - STROKE READINESS – *Ready for deep water.* This class is for additional practice from Level 2 and deep water activities.

LEVEL 4 - STROKE DEVELOPMENT – *Must have passed Level 3.* This class is to develop confidence and skill in the water.

LEVEL 5 – STROKE REFINEMENT – *Must have passed Level 4.* This class coordinates and refines key strokes. Dives and turns are introduced along with the butterfly strike.

LEVEL 6 – SKILL PROFICIENCY – *Must have passed Level 5.* This class polishes strokes, dives, turns. Efficiency and power are worked on.

LEVEL 7 – ADVANCED SKILLS – *Must have passed Level 6.* This class perfects skills, encourages good fitness habits. Teaches advanced rescue and springboard diving skills.

PLEASE RETURN SWIM LESSON FORM BY MAY 26th for Session 1 scheduling.

A schedule with class times and levels for Session 1 will be emailed by the end of May. Each class session is 35 minutes long, between the times of 8:00am – 2:00pm. Class sizes are limited so sign up early.