



Dunlap High School Pool Summer Swim Lessons 2011

*Our lessons are offered to children ages 3 and older and are \$36/session. All sessions will run for 2 weeks. Lessons will be on Monday, Tuesday, Wednesday, and Thursday of each week for a half an hour a day. Listed below are the four sessions and times we will be offering this summer.

*If you are interested, return this form and a payment of \$36 (checks made payable to Dunlap High School) to:

Pool Manager, Dunlap High School, 5220 W. Legion Hall Road, Dunlap, IL 61525.

(Please Print)

Parent/Guardian Name(s): _____

Childs Name: _____ Age: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: (____) _____ Cell Phone: (____) _____

Parent /Guardian E-mail: _____

Emergency Contact: _____

Emergency Phone Number: (____) _____

Description of Levels

Ages 3-5

Minnows

Ages 6-13:

Level 1- This class is for the beginning swimmer. They will learn to be more comfortable going under water, kicking on a kick board, doing front and back floats, and front and back glides.

Level 2- This class is for the child who can float by themselves and they are ready for stroke development. They will learn to swim freestyle with rotary breathing, backstroke, and breaststroke kick.

Level 3- This class is for the child who can swim freestyle with rotary breathing and backstroke on their own. They will learn to swim breaststroke and elementary backstroke, as well as kneeling dives and an introduction to standing dives.

Level 4- This class is for the child who can swim the following strokes on their own: freestyle with rotary breathing, backstroke, breaststroke, and elementary backstroke. They will practice swimming for distance along with learning side stroke, butterfly, and dives.

*If you are interested in lessons for older children, we can set up a private lesson.

Classes are on a first come first serve basis, so please mark 2 time slots you could attend in the case that your first choice is full. (At certain times there are two classes of the same level due to popular class levels.) You will be notified by e-mail as to your time once all registrations are taken.

Session I: June 6-16- registrations due by May 27

9:10-9:40

Minnows_____ Level 2_____

Level 2_____ Level 3_____

Level 4_____

9:50-10:20

Minnows_____ Level 2_____

Minnows_____ Level 2_____

Level 3_____

10:30-11

Minnows_____ Level 1_____

Level 2_____ Level 2_____

Level 3_____

11:10-11:40

Minnows_____ Level 1_____ Level 2_____ Level 3_____ Level 4_____

Session II: June 20-30- registrations due by June 16

9:10-9:40

Minnows_____ Level 2_____

Level 2_____ Level 3_____

Level 4_____

9:50-10:20

Minnows_____ Level 2_____

Minnows_____ Level 2_____

Level 3_____

10:30-11

Minnows_____ Level 1_____

Level 2_____ Level 2_____

Level 3_____

11:10-11:40

Minnows_____ Level 1_____ Level 2_____ Level 3_____ Level 4_____

Session III: July 5-14 (Tues, July 5- Fri 8 due to July 4)- registrations due by June 30

9:10-9:40

Minnows _____ Level 2 _____
Level 2 _____ Level 3 _____
Level 4 _____

9:50-10:20

Minnows _____ Level 2 _____
Minnows _____ Level 2 _____
Level 3 _____

10:30-11

Minnows _____ Level 1 _____
Level 2 _____ Level 2 _____
Level 3 _____

11:10-11:40

Minnows _____ Level 1 _____ Level 2 _____ Level 3 _____ Level 4 _____

Session IV: July 18-28- registrations due by July 14

9:10-9:40

Minnows _____ Level 2 _____
Level 2 _____ Level 3 _____
Level 4 _____

9:50-10:20

Minnows _____ Level 2 _____
Minnows _____ Level 2 _____
Level 3 _____

10:30-11

Minnows _____ Level 1 _____
Level 2 _____ Level 2 _____
Level 3 _____

11:10-11:40

Minnows _____ Level 1 _____ Level 2 _____ Level 3 _____ Level 4 _____

ALL QUESTIONS REGARDING SWIM LESSONS CAN BE DIRECTED TO JAMIE HUBER AT: stenger11@hotmail.com