

2009 RED CROSS SWIMMING LESSONS AT BEACHMONT

6433 Mt. Vista Road Kingsville, MD 21087 Phone(410)592-3648 Fax(410)592-3616 office@beachmont.org www.beachmont.org

LEVELS

*The ages listed are guidelines. Children should be enrolled according to their skill. Please see "Description of Levels" to determine the appropriate class to enroll your child in.

- Parent & Child Aquatics – (previously called IPAP) – children 6 months to about 3 years*. The maximum age limit for this group is age 3 and **requires a parent (or other adult) to work in the water with the child.**
- Preschool Aquatics – NEW – children about age 4 and 5*
- Learn-To-Swim Program – starts at about age 6*. Has 6 different skill levels.
- GuardStart – (previously called Jr. Lifeguarding) – helps prepare students for lifeguarding courses.
- Each class has a minimum of 3 and a maximum of 6 students except for the Parent & Child Aquatics which has a minimum of 10 and maximum of 15 and the GuardStart class which has a minimum of 3 and maximum of 14. If classes do not reach the minimum we reserve the right to cancel the class.

DATES/TIMES

Nine half-hour Lessons (except GuardStart which is 45 minutes)

1. Twice a week (Mondays & Saturdays)

NO CLASS ON JULY 4

- Session A: (Starts Monday 6/8) Mondays 6/8, 6/15, 6/22, 6/29, 7/6 & Saturdays 6/13, 6/20, 6/27, 7/11
- Session B: (Starts Monday 7/13) Mondays 7/13, 7/20, 7/27, 8/3, 8/10 & Saturdays 7/18, 7/25, 8/1, 8/8

Levels	Monday	Saturday
I	4:45-5:15	12:30-1:00
II	5:15-5:45	12:00-12:30
II	6:15-6:45	11:00-11:30
III	5:45-6:15	11:30-12:00
III	6:45-7:15	10:30-11:00
IV	7:15-7:45	10:00-10:30

2. Once a week (Mondays OR Saturdays for nine weeks)

Session C Mondays June 8 – August 3	
Level	Time
Parent & Child Aquatics	4:45-5:15
Preschool Aquatics	4:45-5:15
Preschool Aquatics	5:15-5:45
Preschool Aquatics	6:15-6:45
I	5:45-6:15
II	4:45-5:15
II	5:45-6:15
III	6:45-7:15
IV	5:15-5:45
IV	6:15-6:45
V	7:15-7:45
VI	6:45-7:15
GuardStart	7:15-8:00 45 minutes

Session D Saturdays June 13 – August 8 (no class July 4)	
Level	Time
I/II	11:30-12:00
III/IV	10:30-11:00
V & VI	10:00-10:30

INSTRUCTORS

Our instructors are Red Cross certified.

COST

\$65.00 per student for all levels except GuardStart. GuardStart is \$70.00 per student.

ATTIRE

Modest swimsuits only (girls - no bikinis or bare midriffs). All children in the Parent & Child Aquatics must wear a swim diaper.

REGISTRATION PROCESS

Check online www.beachmont.org or call our office (410)592-3648 to be sure there is an opening in the level & time you are interested in. If an opening is available, complete the application and send it with the payment. Make checks payable to Beachmont Christian Ministries (6433 Mt. Vista Road • Kingsville, MD 21087). Registrations are limited to a first-come-first-served basis.

BEACHMONT CHRISTIAN MINISTRIES 2009 RED CROSS SWIMMING LESSONS REGISTRATION FORM

For office use only: Sch
Inv. _____ DR _____ / _____ / _____

This form is to be used for one student but may be photocopied. Form also available online www.beachmont.org

Child's Last Name _____ First Name _____ Middle Name _____ called by middle name
Swimming Level enrolling in: _____ called by other name: _____
Level descriptions on next page or reverse side of this application Age _____ Birthdate _____ / _____ / _____ Male Female
Please choose a session from the charts:

(2 lessons per week – choose one)	Levels	Monday Times	Saturday Times
<input type="checkbox"/> Session A Class on Monday & Saturday (Starts Monday 6/8) Mondays 6/8, 6/15, 6/22, 6/29, 7/6 & Saturdays 6/13, 6/20, 6/27, 7/11 No class July 4 Times: _____ & _____ Monday Saturday	I	4:45-5:15	12:30-1:00
	II	5:15-5:45	12:00-12:30
<input type="checkbox"/> Session B Class on Monday & Saturday (Starts Monday 7/13) Mondays 7/13, 7/20, 7/27, 8/3, 8/10 & Saturdays 7/18, 7/25, 8/1, 8/8 Times: _____ & _____ Monday Saturday	II	6:15-6:45	11:00-11:30
	III	5:45-6:15	11:30-12:00
	III	6:45-7:15	10:30-11:00
	IV	7:15-7:45	10:00-10:30

(1 lesson per week on Mondays)	Levels	Monday Times (choose one)		
<input type="checkbox"/> Session C Mondays: June 8 – August 3 Time: _____	Parent&Child Aquatics	4:45-5:15	Preschool Aquatics	4:45-5:15 5:15-5:45
	I	5:45-6:15	Preschool Aquatics	6:15-6:45
	II	4:45-5:15	5:45-6:15	
	III	6:45-7:15		
	IV	6:15-6:45	5:15-5:45	
	V	7:15-7:45		VI 6:45-7:15
	GuardStart	7:15-8:00		

(1 lesson per week on Saturdays)	Levels	Saturday Times (choose one)	
<input type="checkbox"/> Session D Saturdays: June 13 – August 8 (no class July 4) Time: _____	I/II	11:30-12:00	
	III/IV	10:30-11:00	
	V/VI	10:00-10:30	

Father's Name _____ Mother's Name _____

Street Address _____

City _____ State _____ Zip _____

E-Mail: _____ Father Mother Both
Beachmont will NOT share your e-mail address but will send acceptance to your email address

Home Phone: _____ Alternate phone numbers: Father: _____ Mother: _____

Person to be called if parents cannot be reached: _____
Name Phone Relation to child

Does the student have any medical conditions or physical limitations? _____

PARENTAL AUTHORIZATION Please note:
- Application must be accompanied by payment. Cost is \$65.00 per student except for GuardStart. GuardStart is \$70.00 per student.
- Refunds can be requested up until June 1st. After June 1st, refunds will only be given in the case of an emergency or doctor's orders (a medical certificate is required with request) or if class size does not reach minimum and Beachmont cancels a class. No refunds for days missed. Returned check fee: \$15.00
- An acceptance letter will follow receipt of application and payment. Applications are limited to a first-come-first-served basis. If class size does not reach the minimum Beachmont reserves the right to cancel the class (refund will be issued in this case).
I give my permission for my child to participate in the Summer Swim Lessons Program at Beachmont Christian Ministries. I accept full responsibility for any medical expenses incurred due to injury sustained during participation in this program.

Signature of Parent or Legal Guardian: _____ Date: _____

RED CROSS SWIMMING LESSONS - DESCRIPTION OF LEVELS

The ages listed are guidelines. Children should be enrolled according to their skill.

Parent & Child Aquatics: For ages 6 months to about 3 years old. Designed to give young children a head start on swimming. Great for children to get comfortable in the water and begin to work on basic skills while interacting with instructor and other children in a fun and safe environment.

NOTE: A parent (or adult) must accompany the child in the water.

Preschool Aquatics: For children about ages 4 – 5. Designed to orient preschool-age children to the aquatic environment and to begin working on basic aquatic skills such as enter & exit the water, blow bubbles through mouth & nose, go under water, bobbing, front & back glides, retrieve submerged objects and learn how to stay safe in the water.

Level I: Water Exploration – For children starting at about age 6. **Children learn basics of swimming:** bobbing, floating in prone and supine positions, gliding in prone and supine positions, flutter kick in prone and supine positions, front crawl, basic safety rules, and jumping in.

Level II: Primary Skills - **Children should already be able to:** float on front and back and put head under water. **Children will work on:** floating, gliding, flutter kick, front crawl, back crawl, turning over from front to back and back to front, retrieving object, and jumping into water over their head.

Level III: Stroke Readiness - **Children should already be able to:** swim front and back crawl. **Children will work on:** gliding, front crawl, back crawl, elementary backstroke, retrieving object, treading water, jumping into deep water, kneeling dive, and compact dive.

Level IV: Stroke Development - **Children should already be able to:** swim front and back crawl 10 yards, elementary backstroke, and dive in kneeling and compact position. **Children will work on:** deep water bobbing, rotary breathing, front crawl, back crawl, elementary backstroke, scissors kick and sidestroke, whip kick and breaststroke, intro to turning at wall, treading water with modified scissors, breaststroke, rotary kicks, and diving in stride and standing positions.

Level V: Stroke Refinement - **Children should already be able to:** swim front and back crawl 25 yards, elementary backstroke 10 yards, scissors kick, whip kick, treading water, and diving. **Children will work on:** alternate breathing, stride jump, diving from board, long shallow dive, front and back crawl, elementary backstroke, sidestroke, breaststroke, dolphin kick and butterfly, open turn on front and back, feet-first surface dive, and treading water

Level VI: **Children should already be able to:** swim front and back crawl 50 yds, elementary backstroke 25 yards, breaststroke 25 yards, butterfly 25 yards, sidestroke 10 yards, tread water for 3 minutes, and dive. **Children will work on:** All six strokes, front and back crawl flip turn, breaststroke turn, breaststroke speed turn and pullout, butterfly turn, sidestroke turn, pike and tuck surface dive, pike and tuck dive from board, tread water for five minutes, and basic water rescue.

GuardStart: This class is intended for those who are interested in becoming a lifeguard in the future.