

# Skyline Lakes SUMMER 2016 Swimming Lessons TENTATIVE SCHEDULE

## Members only

S.L.P.O.A.'s Swimming Lessons Program will begin on Friday, June 26th and run for five weeks, 3 days a week through July 31. All swimming instructions will be taught by Red Cross certified Life guards. Each age group will be staffed by a Sr. Counselor and Jr. Counselor(s), as required by enrollment. As always, only current members who have joined the Association may participate in this program.

### PROGRAM OUTLINE

All participants who satisfactorily complete the swimming program will receive a certificate.

### AGES 5-6, 7-8 & 9-13 (\$60.00/ per child)

#### June 24th Friday

Swimming tests will be given to determine your child's ability and level

8:30am- 9 to 11yrs, 9:30am- 7 to 8yrs, 10:30am 5-6yrs, 11:00am- Mommy and Me, 12 and above

#### June 27 to July 29: Monday, Wednesday and Friday – Swimming Lessons

Participants will be grouped by swimming ability, and be given (1) hour lessons 3 days a week. The lessons will take place at the Main Beach between 8:00 a.m. – 11:30 a.m., hours may be modified depending on size of group. The lessons will mirror the suggested Red Cross swimmer's program and is designed to move each participant into the next level.

- Mommy/Daddy and Me (\$30.00/per child) 30 minute Parent & Child Swim (Parent must be present in water).

If you're interested in this program, please fill out the Participation Application and Child-Care Authorization. Return it as indicated on the application no later than June 20th If you have any questions or need further information, please feel free to call Jim Martocci at 973-831-7841, [Martocci@aol.com](mailto:Martocci@aol.com) or Linda D'Alessio at 973-461-3403, [linda1067@optonline.net](mailto:linda1067@optonline.net) . NO CHILD WILL BE ALLOWED TO PARTICIPATE WITHOUT PAYMENT IN ADVANCE.

**\*\*NEW THIS YEAR- WE WILL ALSO BE ACCEPTING PAYMENTS THROUGH PAYPAL.\*\***

The Mommy & Me class is primarily concerned with getting your child comfortable and feeling safe in the water. During this class the Lifeguards will work with you and your child by playing games and singing songs. They will also work on getting your child to blow bubbles, kick their feet, splash around, and hold their breath under the water.

The Five & Six Year Olds class will consist of the child learning all the primary strokes such as: freestyle, backstroke, breaststroke, and elementary backstroke. In preparation of learning these strokes the child will learn how to put their face and eyes into the water and blow bubbles, kick with and without a kickboard, "big arms", how to float on their backs, the proper leg and arm movement for breaststroke and elementary backstroke, and will eventually learn alternate breathing.

Seven & Eight Year Olds swim class will also consist of the child learning all the primary strokes with addition to one more stroke. These strokes are freestyle, backstroke, breaststroke, and elementary backstroke. The child will practice alternate breathing and work their way up to kicking and doing "big arms" at the same time. The child will also work on kicking drills on their stomach and back, and will review breaststroke and elementary backstroke. At this level the child will be perfecting their stroke. The child will also be swimming to the dock with a kickboard and getting comfortable with jumping off the dock and working their way up to diving. This will be done by teaching the child how to do an Indian dive (sitting down dive) followed by a standing dive.

Nine to Eleven Year Olds will be swimming all the strokes such as: freestyle, backstroke, breaststroke, elementary backstroke, and will be introduced to sidestroke. These strokes will also be followed by swimming drills to perfect their stroke and make them a stronger swimmer. The child will be doing laps from the second rope to the dock using the strokes they have learned. While they are at the dock they will also work on treading water and practicing their dives.