

2023

Lockport Community Pool Swim Lesson Sign Up

Swim Lessons at the Lockport Community Pool will be offered for children ages 5 to 12 years in the following sessions:

Session 1: July 3, 2023 to July 21, 2023 Monday thru Friday

Session 2: July 24, 2023 to August 11, 2023 Monday thru Friday

Adult Learn to Swim: July 3, 2023 to July 21, 2023 Tuesday and Thursdays

Competitive Swim: July 3, 2023 to July 21, 2023 Fridays

Lessons will be offered in 30-minute classes. Class time will be composed of a water safety lesson, organized instruction and approximately 5 minutes of free play. Levels will be assigned at the discretion of the instructors and pool supervisors according to the criteria outlined in the American Red Cross, and swimmers may be moved to a level most suitable for their swimming abilities. **Pre-Registration is required** and there will be a **\$10.00 surcharge for registration collected the day of the first class and after.** Registration will be accepted no later than Friday, July 7, 2023. There is limited availability for each lesson and applications will be accepted on a first come first serve basis. If a child misses a swim lesson, make up lessons will be given at the discretion of the pool supervisors. **Please fill out a registration form for each swimmer you are registering.**

**Return to: The Department of Civil Service
Room M-11
One Locks Plaza
Lockport, NY 14094**

LEVEL INFORMATION

Level 1 – Introduction to Water Skills –Skills include submerging of mouth, nose and eyes. Also, swimming on front and back using arm and leg actions with support.

Level 2 – Fundamental Aquatic Skills – Skills include entering water by stepping or jumping from the side to swimming on front, back, and side using combined arm and leg actions.

Level 3 – Stroke Development – Skills include submerge and retrieve an object in chest deep water to performing front and back crawl.

Level 4 – Stroke Improvement – Skills include feet-first surface dive as well as performance of all strokes (crawl, side, breast, etc.)

Level 5 – Stroke Refinement – Skills include further coordination and refinement of strokes as well as skills for survival swimming.

Level 6 – Swimming and Skill Proficiency- Skills include swimming for fitness as well as some items preparing students to participate in more advanced courses, including the Water Safety Instructor, Lifeguard Training course, and Youth Swim Teams.

Competitive Swim Lessons- for Athletes looking to improve their stroke and technique.

Adult Learn to Swim-Adults who want to improve their swimming skills or are afraid of the water.

REGISTRATION FORM

Class Days & Times

<i>Level</i>	<i>Days</i>	<i>Times: 30 min classes</i>
Levels 1, 2, 3, 4, 5, 6	Monday thru Friday	2:00PM TO 3:00PM
Levels 1, 2, 3, 4, 5, 6	Monday thru Friday	5:00PM to 6:00PM
Adult Learn to Swim	Tuesday/Thursday	7:00PM to 8:00PM
Competitive Swim	Friday	Arranged with instructor

Swimmer's Name: _____

Parent's Name(s): _____

Home Address: _____

City: _____ State: _____ Zip: _____

Swimmer's Age: _____ Birth Date: _____

Phone #: _____ E-mail: _____

Circle what applies for each of the following:

Level: 1 2 3 4 5 6

Hours: 2:00pm to 3:00pm 5:00 to 6:00pm Adult Learn to Swim Competitive Swim

Cost: \$30.00 per swimmer **Total amount paid:** _____

Medical or health conditions instructors should be aware of: _____

Check what applies for the following:

Class Days & Times

<i>Level</i>	<i>Days</i>	<i>Times: 30 minute classes</i>	<i>Check One</i>
Levels 1, 2, 3, 4, 5, 6	Monday thru Friday	2:00PM TO 3:00PM	
Levels 1, 2, 3, 4, 5, 6	Monday thru Friday	5:00PM to 6:00PM	
Adult Learn to Swim	Tuesday/Thursday	7:00PM to 8:00PM	
Competitive Swim	Friday	Arranged with Instructor	

For office use only (check what applies for each of the following):

Fee Paid _____ Check _____ Cash _____ Late Fee _____

Date Received _____ Initials _____