

2024

## 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 1,2024 to July 19,2024 Monday thru Friday (3 weeks)

Session 2: July 22,2024 to Aug 2, 2024 Monday thru Friday (2 weeks)

Session 3: July 1,2024 to Aug 2, 2024 Monday thru Friday (5 weeks)

Adult Learn to Swim: July 2,2024 to Aug 1, 2024 Tuesdays and Thursdays

Competitive Swim: July 5,2024 to August 2,2024 Fridays

**Lessons will be 30 minute classes.** First day of class will be an hour so that instructors can evaluate what appropriate level according to criteria outlined in the American Red Cross. We may move swimmers to a different level that is most suitable for their swimming abilities. You will know what time to come for the second class at the end of the first class. Class time will be composed of a water safety lesson,organized instruction and approximately 5 minutes of free time. **Pre registration is required** and there will be a **\$10 surcharge for registration collected the first day of the first class and after.**

Registration will be accepted no later than Friday July 5,2024.. There is a 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 pool supervisors. **Please fill out a registration form for swimmers 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,side using combined arm and leg actions.

**Level 3- Stroke Development**-Skills include submerging and retrieving an object in chest deep water to perform front and back crawl.

**Level 4- Stroke Improvement**-Skills include feet first surface dive as well as perform all strokes(front crawl, backstroke, breaststroke etc).

**Level 5- Stroke Refinement**-Skills include further coordination and refinement of strokes as well as skills for surviving swimming.

**Level 6-Swimming and Skills Proficiency**-Skills include swimming for fitness and Personal Water Safety. Students gain the ability to swim smoothly over greater distances. After completing this level it will allow the student to participate in more advanced courses,including Water Safety Instructor, Lifeguarding, Youth Swim teams.

**Competitive Swim**-for athletes looking to improve their stroke and technique.

**Adult Learn to Swim**-for those 18 and up who are afraid of the water and for those who want to learn swimming skills and want to conquer their fear of the water.

# Registration Form

Swimmer's Name, Age, Birth Date and Level

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

School District: \_\_\_\_\_

Parent's Name(s): \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

## Class Days and Times

**Session 1: July 1-19 Monday thru Friday(3 weeks)**

**Time: 2pm-3pm \_\_\_\_\_**

**5pm-6pm \_\_\_\_\_**

**Session 2: July 22-Aug. 2 Monday thru Friday(2 weeks)**

**Time: 2pm-3pm \_\_\_\_\_**

**5pm-6pm \_\_\_\_\_**

**Session 3: July 1-August 2 Monday thru Friday(5 weeks)**

**Time: 2pm-3pm\_\_\_\_\_**

**5pm-6pm\_\_\_\_\_**

**Adult Learn to Swim: July 2-Aug. 1 Tuesday and Thursday**

**Time: 7pm-8pm\_\_\_\_\_**

**Competitive Swim: July 5-Aug. 2 Fridays**

**Time:6pm-7pm\_\_\_\_\_**

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

Fee Paid \_\_\_\_\_ Check \_\_\_\_\_ Cash \_\_\_\_\_ Late Fee \_\_\_\_\_

Date Received \_\_\_\_\_ Initials \_\_\_\_\_