

**SOUTHLAKE RECREATION ASSOCIATION
2017 SWIM LESSONS**

LEVEL DESCRIPTIONS

Southlake Pool Members,

It is my pleasure to be offering swim lessons at Southlake Recreation Pool. I look forward to teaching at your facility! The classes, levels and sessions are similar to those offered in the past, with a few changes. I am confident that the changes will continue to provide and enhance the pleasant learning environment that presently exists at Southlake Pool!

Let me introduce myself to you. I am a seventh grade teacher in Stafford County. I am also a certified American Red Cross Water Safety Instructor (WSI) with over twenty years experience. Assisting me will be certified WSI instructors and lifeguards.

2016 SWIM LESSONS SCHEDULE:

SESSION 1 – June 26 – July 7 (Mon-Thurs. with Friday makeup days for Inclement weather/pool closings.)

SESSION 2 - July 10 - July 21

SESSION 3 - July 24 – August 4

9:00 – 9:30 a.m.

9:30 – 10:00 a.m.

10:00 – 10:30 a.m.

10:30 – 11:00 a.m. (PreSchool)

(I have purposely omitted the particular levels of the first three time slots in order to accommodate the levels of those who sign up. Instructor may change times depending on class sizes.)

YOU ASKED FOR IT !!! Private Lessons will also be offered this year, providing there is enough interest.

- *Levels at particular times will be determined by the sign-ups.*
- *Classes will be Mon-Wedn. Nights, 30 minutes in length. (6:00 p.m. – 6:30, 6:30 – 7:00, 7:00 – 7:30 p.m.)*
- *Adults may also choose to sign up.*
- *Private lessons will be arranged on an individual basis.*

Please feel free to contact me at 540-657-8271, if you have any questions regarding the swim program. I look forward to seeing you at the Pool !

Jeannette P. Whetzel

The following Levels are geared to children Ages 3-5. (Parent required to remain in pool area during lesson.)

PRESCHOOL – LEVEL 1 (Beginner)

Water adjustment.

PRESCHOOL – LEVEL 2 (Intermediate)

Comfortable in and around water.

PRESCHOOL – LEVEL 3 (Advanced)

Confident in water, can submerge face.

The following levels are geared to children ages 6 and up:

LEVEL 1 (Water Exploration) – Water adjustment, becoming comfortable in and around the water.

LEVEL 2 (Primary Skills) – Learning fundamental skills.

LEVEL 3 (Stroke Readiness) – Beginners comfortable in water, learn front and back crawl.

LEVEL 4 (Stroke Development) – At ease in deep water, able to do Front and Back Crawl.

LEVEL 5 (Stroke Refinement) – Comfortable with various strokes, front and back.

LEVEL 6 (Skill Proficiency) – Polishing strokes, learn turns and dives (some lap swimming required).

LEVEL 7 (Advanced Skills) – Perfecting strokes, physical conditioning (lap swimming required).

GUIDELINES

- Swim lessons offered to Southlake **SWIM MEMBERS ONLY.**
- Private lessons offered upon request and instructor availability.
- Each session costs **\$55.00**
- Please make checks payable to:
Jeannette Whetzel
- Please mail forms to: Jeannette Whetzel
139 Northampton Blvd.
Stafford, VA 22554

Or present at POOL DESK after June 1, 2016. Request that Guard place envelope in "SWIM LESSONS" file.

- **IMPORTANT NOTE:** Please check pool bulletin board prior to class for roster or call **Jeannie Whetzel @ 540-207-7485**

**SOUTH LAKE RECREATION ASSOCIATION
APPLICATION FOR 2017 SWIM LESSONS**

YOU MUST BE A SOUTHLAKE POOL MEMBER TO TAKE SWIM LESSONS (Please fill out a separate form for each child. Please **PRINT** clearly.)

Child's name: _____

Child's Age: _____ Phone: _____

Parent's Name: _____

Address: _____

Emergency Contact Person: _____ Phone: _____

Please **circle #** from first to last preference: Session 1 2 3

Achievement Level: My child is capable of –

- | | | | |
|---------------|--------------------------|--|--------------------------|
| Front Crawl | <input type="checkbox"/> | Floating on stomach | <input type="checkbox"/> |
| Back Crawl | <input type="checkbox"/> | Floating on Back | <input type="checkbox"/> |
| Breast Stroke | <input type="checkbox"/> | Treading water | <input type="checkbox"/> |
| Side Stroke | <input type="checkbox"/> | Diving from pool side | <input type="checkbox"/> |
| Butterfly | <input type="checkbox"/> | My child is comfortable submerging face in water | <input type="checkbox"/> |

Any questions, please contact Jeannie Whetzel @ 540-657-8271 or 540-207-7485.

Please make checks **\$55.00** per class payable to: Jeannette Whetzel.

Please mail this form to: Jeannette Whetzel, 139 Northampton Blvd., Stafford, VA 22554 –
Or present at Pool Desk after JUNE 1, 2017, c/o Jeannette Whetzel.

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