

Middletown Country Club

Swim Lessons 2019

Level 1

Class is designed for the new swimmer. The swimmer will learn to float on their front/back, enter and exit the pool and begin arm and leg movements.

Level 2

Class is designed for swimmers who can put their face in the water. The class will teach the swimmer to begin the elements of: freestyle, backstroke, and treading water.

Level 3

Class is designed for swimmers who can float on their back/front and enter/exit the pool unassisted. The swimmer will work on: freestyle, backstroke, and treading water. They will be introduced to breaststroke.

Level 4

Class is designed for swimmers who are strong swimmers in freestyle and backstroke. Swimmers will perfect freestyle and backstroke, work on breaststroke and be introduced to butterfly.

Level 5

Class is designed for swimmers who are proficient in freestyle and backstroke. Swimmers will work on breathing on both sides during freestyle, perfect backstroke and breaststroke, and work on butterfly.

SESSION: _____ LEVEL: _____ TIME: _____ <p style="text-align: center;">To be completed by Staff</p>

Last Name	First		
Address	City	State	Zip
School	Grade (Fall 2019)	Gender	
Phone	Date of Birth	Age	
Parents Name	Cell Phone	Member (circle one) Yes \$70 No \$85	
Emergency Contact	Relation	Phone	

Sessions: 8 Lessons per Session

Session 1: Evening June 17-20 and June 24-27
 Session 2: Afternoon July 8-11 and July 15-18
 Session 3: Morning July 29, 31 Aug 1,2 and Aug 5, 7-9

Times:

Morning 10a-12p, Afternoon 12p-2:00p, Evening 5p-7p
 half hour lesson
 M T W TH (F make up day 6/21 & 6/28 & 7/12 & 7/19)
 Make up day for Sessions 3 to be determined

Please check with your doctor before registering in any fitness or exercise program.
 I, the parent or guardian of the above minor, submit that my child is able to participate in swim lessons and waive Middletown Country Club, its staff, and affiliates of any responsibility of injury or illness.

 Signature

 Date