

THE PENNINGTON SCHOOL
2012 Aquatics Swim Lessons for Ages 1-5
Located at The Michael T. Martin Aquatic Center

Times: **Monday –Wednesday –Friday only, (No lessons on Tuesday or Thursday)**
at The Pennington School Michael T. Martin Aquatic Center
Levels 1 and 2: 8:30a.m. – 8:55a.m.
Levels 3 and 4: 9:00a.m. – 9:30a.m.

Dates: **Fall Term Lesson Dates (Monday – Wednesday –Friday only)**
Session 1: September 17th - September 28th
Session 2: October 1st - October 19th
Session 3: October 22nd - November 9th
Session 4: November 12th – December 7th

Please note below, there will be no lessons on Tuesday and Thursday of any session and on the following dates:

- September 26th , Oct 13-15th , November 19th – 25th

Winter Term Lesson Dates (Monday –Wednesday-Friday only)

Session 1: January 7th - January 25th
Session 2: January 28th - February 15th
Session 3: February 18th - March 8th

Please note below, there will be no lessons on Tuesday and Thursday of any session and on the following dates:

- February 4th, February 16th – 18th, February 22nd

Spring Term Lesson Dates (Monday –Wednesday-Friday only)

Session 1: April 1st – April 19th
Session 2: April 22nd – May 10th
Session 3: May 13th – May 29th

Please note there will be no lessons on Tuesday and Thursday of any session and the following dates:

- No Dates currently listed

Registration:

Classes have limited space (1:5 Instructor to child ratio) so registration is on a first come, first serve basis. Please sign up using the official Pennington School “swim lesson registration form” below or found on line at: www.pennington.org under the “athletics” page or email the completed registration page in this document to gward@pennington.org Please note that major holidays will be observed throughout the year. Parents will be notified about any cancelations at the start of each session.

There is a \$200. fee per individual, per session. Session 1 cost is \$150. Checks/ Payments should be made out to “The Pennington School”. Please list name of child on check. Mail to: George Ward 112 W. Delaware Ave., Pennington, NJ 08534 Contact Aquatics Director George Ward at gward@pennington.org if you have any questions or call 609-737-1840

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Aquatics Swim Lessons 2012-2013

COURSE DESCRIPTIONS

Level 1 (Preschool):

Designed to help young children (ages 1-4) overcome their fear of water and get ready to learn to swim. This level is designed to be fun! There will be games and prizes. An adult partner must be willing to assist their child in the water. This will be at the discretion of the instructor. **Parents are encouraged or may be asked to enter the water with their child in level 1 lessons, so please be prepared and bring a bathing suit.**

Level 2 (Beginner):

Designed for the younger swimmer (ages 2-4) who wants to learn introductory floating, breathing, kicking, gliding, and beginning stroke mechanics.

Level 3 (Advanced Beginner):

Builds on beginner concepts. Introduction of front crawl, backstroke, and elementary backstroke, as well as development of deep-water skills. Safety and survival skills are introduced, such as treading water. This level is designed for the younger swimmer who has completed levels 1 and 2. Please note that parents are welcome to lap swim during the time their child is in the lesson for level 3. This level will end (for those who would like this) with an underwater picture emailed to the parent!

Level 4 (Intermediate):

Development of skills introduced in advanced beginners. Continued development of freestyle, backstroke, and elementary backstroke, and an introduction to breaststroke, diving, and more advanced underwater skills. Individuals at this level should have completed their 2 lap test, or should be very close to passing the test. This level is designed for the younger swimmer who has completed levels 1,2, and 3. Please note that parents are welcome to lap swim during the time their child is in the lesson for level 4. This level will end (for those who would like this) with an underwater picture emailed to the parent!

**Contact Aquatics Director George Ward
at gward@pennington.org if you have any questions.**

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Level 1 – 4 Swim Lessons 2012-2013

at the Michael T. Martin Aquatic Center

Swim Lesson Permission Slip

All visitors at The Pennington School pool participating in swim lessons are required to abide by the following rules:

1. I have read and will abide by the pool rules. **Children who are not toilet trained MUST wear a proper swimming diaper with elastic bands.**
2. Payment in full is due prior to commencement of the Session.
3. I understand that only the participating child is allowed in the pool.
4. I understand that those participating in swim lessons are allowed in the pool during instruction time only and must leave after the daily lesson is over.
5. If I have any questions or concerns about the instruction, concerns will be addressed at proper times to ensure all swimmers are given ample attention during the scheduled lesson. (Either before or after daily lessons.)

These rules are in place to provide a safe and fun learning environment for your child. If the rules are not followed, the Pennington aquatics director has the right to remove your child from lessons.

In case of emergency I authorize the release of my son/daughter to be treated by a licensed physician or hospital. Furthermore, I hereby agree to completely and unconditionally indemnify, save harmless, release and discharge The Pennington School, its employees and volunteers from all liabilities as a result of injuries sustained by my child participating in this program.

Medical Insurance Company _____ Policy # _____

Insurance Company Phone Number _____

Parent Name: (Printed): _____

Please list the last name on the check you submit: _____

Signature: _____ Date: _____

Telephone #: _____ email: _____

Emergency Contact: _____

1st Childs Name: _____ **Age:** _____

Term: _____ **Session(s)** _____ **Level:** _____

2nd Childs Name: _____ **Age:** _____

Term: _____ **Session(s)** _____ **Level:** _____

Classes have limited space: registration is on first come, first serve basis. You will be notified if you are on a waiting list for first choice session. Please contact Aquatics Director George Ward at gward@pennington.org if you have any questions. Ratio for all classes is no more than 1:5 (instructor to child) **Parents are encouraged to be prepared to enter the water with their child in level 1 , so please bring your bathing suit if you have signed up for level 1 lessons.**

