

Washington and Lee Aquatics
Spring Swimming Lesson Program
2009

March 4, 2009

Dear Parents:

Attached you will find information on our spring swimming lesson program. In order to maintain small groups and quality instruction, registration will be limited.

This year we will hold lessons for four weeks, with two sessions consisting of six 30-35 minute lessons each. The cost for each session is \$45.00, \$80 if the child enrolls for both sessions. (additional children from the same family receive a \$5 discount) To register, please complete the registration form and **mail it to my office by Wednesday, April 15th! Space is limited and will be allotted by the date the registration is received.**

The recommended ages for participation in this program are four to twelve years old. Children three years-old and younger need to be enrolled in "Parent-Tot" class. The skills for each level are listed for you to reference and will help you determine the placement of your child. Please be aware that it is much easier to advance a child into a group mid-session, than to lower the child into another group. If you are unsure of your child's ability to accomplish all of the tasks listed in the level, please place them in the lower level. If you would like to discuss placement please call me and we may be able to figure it out over the phone.

We will do our best to accommodate all requests for times and we will email or call you to verify the time you selected. Please do not hesitate to contact my assistant coach Mike Ginder by email (ginderm@wlu.edu) or phone 458-8677 if you have any questions or concerns.

Sincerely,

Joel Shinofield
Head Men's Swimming Coach
Aquatics Director
Washington and Lee University
shinofieldj@wlu.edu
458-8693

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MAIL-IN REGISTRATION PROCEDURE

1. Complete and Return this Registration Form by Wednesday, April 15
2. Mail to Mike Ginder, Asst. Swimming Coach, PO Box 928, Lexington, VA 24450.
3. We will email or call you as soon as we receive your registration to verify your enrollment.

Registration in the swim school does not entitle children or their families to use W&L facilities at any time other than those reserved for lessons. Participants are asked to remain in the balcony-pool areas while taking part in the lessons. Parking is limited to the Parking Garage. You **may not** park behind the pool. Your cooperation will be greatly appreciated! **Parents will not be permitted on pool deck!**

SESSION 1: May 4th - 15th

SESSION 2: May 18th - 29th

Classes will be held Monday, Tuesday, Thursday for both sessions

CLASS TIMES AVAILABLE: A- 3:35-4:00, B- 4:10-4:45, OR C- 4:55-5:30

Parent-Tot classes will be offered at the A (3:35-4:05) and B (4:10-4:50) periods ONLY.

COST: \$45 per session. You receive a \$10 discount for the second week if the same child registers for both sessions (total cost \$80) There is an additional discount of \$5 for each additional child from the same family registered for the same session

Session 1: May 4, 5, 7, 11, 12, 14

Session 2: May 18, 19, 21, 25(Memorial Day), 26, 28

1. Child's Name: _____

Class Level Requested (see check off sheet): **P-T 1 2 3 4 5 6** Age: _____

Session(s): **1 2 Both** Time Requested: (circle) **A B C** **Second Choice** _____

2. Child's Name: _____

Circle Class Level Requested (see check off sheet): **P-T 1 2 3 4 5 6** Age: _____

Session(s): **1 2 Both** Time Requested: (circle) **A B C** **Second Choice** _____

3. Child's Name: _____

Circle Class Level Requested (see check off sheet): **P-T 1 2 3 4 5 6** Age: _____

Session(s): **1 2 Both** Time Requested: (circle) **A B C** **Second Choice** _____

Please Enclose Check Payable to: WASHINGTON AND LEE SWIMMING

Number of Swimmers _____ X Number of Sessions _____ X \$45.00 = \$ _____

Remember to figure in the \$10 discount if the same child goes for both sessions (Total Cost \$80), There is also a \$5.00 discount for each additional child registered.

Parents Name: _____ Phone: _____

Address: _____ City: _____

Email Address: _____

Please mark off what skills have been accomplished by each child on the attached skill sheet. This will help with the groupings.

Mail Registration To:
Mike Ginder
Asst. Swimming Coach
PO Drawer 928
Washington and Lee Univ.
Lexington, VA 24450

LEVEL 1

- submerge face 3 sec
- bob x10 chin level
- enter water independent
- walk 5 yds in chest water
- supported back kick
- demo alt. arm for 10 sec.
- basic safety rules
- EMS system
- reaching assists no equip.
- shallow water PFD

LEVEL 2

- submerge head 3 sec
- retrieve object in chest deep water
- deep water exploration
- unsupported float front
- rhythmic breathing x10
- step from side and recover
- flutter kick on front
- flutter kick on back
- back crawl arm action
- combined stroke front 5 yds.
- combined stroke back 5 yds.
- turning over front to back
- turning over back to front
- PFD float face out
- reaching assist

LEVEL 3

- retrieve object w/eyes open
- bob x 15 in chest deep water
- jump into deep water
- dive (compact/kneel)
- prone glide 2 body lengths
- crawl breathing to front or side
- back 10 yds
- elementary back kick
- reverse direction on front
- reverse direction on back
- diving rules
- tread water
- PFD jump deep water

LEVEL 4

- deep water bobbing
- buoyancy and float
- rotary breathing
- chest deep water
- standing front dive
- elementary back 10 yds.
- sculling back 5 yds.
- front crawl 25 yds.
- back crawl 25 yds.
- breast kick 10 yds.
- sidestroke scissors 10 yds.
- turning at wall
- tread water 2 min.
- stride jump

LEVEL 5

- alternate breathing
- stride jump entry
- standing dive
- long shallow dive
- breaststroke 10 yds.
- sidestroke 10 yds.
- underwater swim 3 body lengths
- elementary back 25 yds.
- dolphin kick 10 yds.
- free 50 yds.
- back 50 yds.
- open turn on front
- open turn on back
- feet first surface dive
- 2 min. tread (2 diff. kicks)
- rules for diving board

LEVEL 6

- free 100 yds, 1 turn
- back 100 yds 1 turn
- breast 25 yds
- side 25 yds
- fly 10 yds
- approach stroke 25 yds
- breast turn
- side turn
- 2 hand touch breast turn
- free flip turn
- pike surface dive
- tuck surface dive
- egg beater kick for treading
- 3 min tread w/1 min no hands
- throwing assist