



SHELDON ACRES
CHILD DEVELOPMENT CENTER
SWIM REGISTRATION



Swimsue@aol.com Center: 916-686-8344 Fax: 686-2232 www.SheldonAcres.Net

10393 Pleasant Grove School Road Elk Grove, CA 95624

LEVEL DESCRIPTION:

Me And My Shadow: Infants to 3 yrs. Lessons are taught with an adult in the water with the child. 3 yrs and older see below.

Beginner 1 – Nonfloater, little or no water experiences.

Beginner 2 – Floater (but shaky), short breath (less than 10 count), but can kick a short distance with face in water. Begin “**Pool Safety Stroke for the Young Child**” (flutter kick and modified breaststroke pull with head-up breath recovery) emphasized here.

Beginner 3 – Relaxed and strong floater, eyes open, long breath (10 count or more), can float kick with face in the water has some arm stroke ability (crawl or breaststroke). Perfecting breath recovery and increasing distance using the “**Pool Safety Stroke for the Young Child**” (modified breaststroke with a flutter kick and head up breath recovery) emphasized here. Begin back-float, sit and knee dives.

Beginner 4 – Mastered pool safety stroke for the young child (see above for description) and can swim in deep end comfortably. Classic crawlstroke, back-float and stand dive emphasized here.

Advanced Beginner – Can swim short distance (25 yards) using proper crawlstroke breath recovery and arm stroking. Perfect crawlstroke, backstroke, diving, and begin elementary backstroke emphasized here.

Intermediate-Can swim crawl stroke well (several pool lengths) with proper breath recovery. Has mastered the elementary backstroke. Scissors kick, breaststroke and perfecting backcrawl will be emphasized at this level. Racing turns and dives will also be taught if desired.

Swimmer – Can swim crawl stroke and breaststroke well (50 meters) with proper breathing and arm stroking. Perfecting all strokes, including sidestroke. Begin learning butterfly and junior lifesaving skills.

All levels will learn water safety skills. Certificates/progress reports issued at end of each 2 week session

Fees: \$105 per session. Each **session** is 8 lessons, Mon. thru Thu. for 2 consecutive weeks. Each **lesson** is 30 minutes long with a maximum of 4 students per class.*

Times: Exact times TBA (2:00 - 6:30) **Please note your time preference below.** Exact times will be posted or advised one week in advance. Time requests are honored whenever possible. Time slots are on a first come first serve basis and are coordinated by age, level and family groups. **1. 2. 3. 4.**

2017 Session Dates: (circle desired sessions dates) **Jun. 5-15; Jun. 19-29; Jul.10-20; Jul. 24- Aug. 3;**

Student name _____ age _____ (male/female) level _____

Student name _____ age _____ (male/female) level _____

Student name _____ age _____ (male/female) level _____

Parent/guardian _____ home phone _____ work _____ cell _____

Address _____ city _____ zip _____ email _____

Comments: _____

Fees are due at time of registration. Refunds granted only if class is canceled, filled or if a written request is received in writing 2 weeks prior to the first class. Make checks payable to Sheldon Acres. Any questions please call 916-686-8344. Make up lessons are extremely difficult to accommodate and are granted if we cancel or if time allows when swimmer is ill w/verification.

*(advanced levels of students over 5 years may have up to 6 per class)

Signature required _____