

# SWIM INSTRUCTION PROGRAM GUIDE

# SUMMER 2009

## SWIM CLASSES

Age guidelines are approximate. A parent should choose a class based on the parent's assessment of the child's skills. Instructors can make placement changes after classes start. A swimmer should enroll in only one class per session. Classes are subject to cancellation due to low enrollment. Call Michael Coleson, Director of Swim Instruction, at the pool (703) 356-4471, or send an e-mail to mcoleson@gmu.edu for information. See below for classes and enrollment.

### TINY TOTS

16 MONTHS – 3 YEARS

FEE: \$90

This class, held in the baby pool, introduces toddlers and young children to the water in a gentle and developmentally appropriate way. The instructors will help the children learn to enjoy their water experience in a safe and relaxed manner. Two trained instructors work with each class of up to ten students.

No Session 1

Session 2: M–F, June 22 – July 3

Session 3: M–F, July 13 – July 24

Class #1 10:30 - 11:00am

Class # 1 10:30 - 11:00am

Class #2 11:15 - 11:45am

Class # 2 11:15 - 11:45am

### PRE-BEGINNER

3 – 5 YEARS

FEE: \$90

This class, held in a shallow end of the upper pool, introduces children to the pool environment, with emphasis on overcoming fears, learning basic water safety, and basic floating and kicking skills. Two trained instructors work with each class of up to ten students. ***(Swimmers must be toilet-trained)***

No Session 1

Session 2: M–F, June 22 – July 3

Session 3: M–F, July 13 – July 24

Class #1 10:30 - 11:00am

Class # 1 10:30 - 11:00am

Class #2 11:15 - 11:45am

Class # 2 11:15 - 11:45am

### BEGINNER

4 – 6 YEARS

FEE: \$90

This class, held in the upper pool, is designed for the child who can enter the pool comfortably, fully submerge his/her face for three seconds, and demonstrate a supported kick on front and back. Students will learn stroke readiness, underwater exploration skills, and improve their kicking, floating and breathing skills. Two trained instructors work with each class of up to ten students.

No Session 1

Session 2: M–F, June 22 – July 3

Session 3: M–F, July 13 – July 24

Class #1 10:30 - 11:00am

Class # 1 10:30 - 11:00am

Class #2 11:15 - 11:45am

Class # 2 11:15 - 11:45am

### ADVANCED BEGINNER 4 – 7 YEARS

FEE: \$90

Children who can submerge and retrieve an object in chest-deep water and swim on front and back for five yards will learn basic breathing and arm patterns in the upper pool. Instructors will work on front and back crawl and introduce the elementary backstroke and treading water. Two trained instructors work with each class of up to ten students.

Session 1: M–F, June 1 – June 12

Session 2: M–F, June 22 – July 3

Session 3: M–F, July 13 – July 24

Class # 1 4:00 - 4:30pm

Class # 1 10:30 - 11:00am

Class # 1 10:30 - 11:00am

Class # 2 4:30 - 5:00pm

Class # 2 11:15 - 11:45am

Class # 2 11:15 - 11:45am

### DEVELOPMENTAL

5 – 8 YEARS

FEE: \$90

This class will be held in the upper pool. Children entering this class should be able to dive into the pool from a seated position on the side and be able to swim ten yards each using the front crawl and the elementary backstroke. Students will work on front crawl, backstroke, diving, and safety skills. Breaststroke, sidestroke, and wall turns will be introduced. Two trained instructors work with each class of up to ten students.

Session 1: M–F, June 1 – June 12

Session 2: M–F, June 22 – July 3

Session 3: M–F, July 13 – July 24

Class # 1 4:00 - 4:30pm

Class # 1 10:30 - 11:00am

Class # 1 10:30 - 11:00am

Class # 2 4:30 - 5:00pm

Class # 2 11:15 - 11:45am

Class # 2 11:15 - 11:45am

## HOW TO REGISTER FOR SWIM CLASSES

To register by mail, complete the form below, cut it out, and mail it to Michael Coleson, 2969 Wilson Ave, Oakton, VA 22124. A swimmer should enroll in only one class per session. You may use photocopies of the form or write additional information on a separate sheet if necessary. Make checks payable to Chesterbrook Swimming & Tennis Club. No confirmation will be sent. Please note the classes that you sign up for on your family calendar. If a class is full, your registration will be returned to you by mail. You may also register at the pool desk after the pool opens. **Full payment is required at the time of registration.** Register early, because some classes, especially those for younger children, fill up promptly. For more information, call Michael Coleson at (571) 722-7893, or send e-mail to [mcoleson@gmu.edu](mailto:mcoleson@gmu.edu).

### Swim Classes Summer 2009 Chesterbrook Swim & Tennis Club

Parent Name(s) \_\_\_\_\_ Share No. \_\_\_\_\_  
 Address \_\_\_\_\_  
 Home \_\_\_\_\_ Cell/Beeper \_\_\_\_\_  
 Work Ph. (M) \_\_\_\_\_ (F) \_\_\_\_\_ E-mail \_\_\_\_\_

| Child's Name<br>(Last, First)   | AGE | Sex<br>M/F | Class Name | Start<br>Date                  | Start<br>Time | Fee |
|---|-----|------------|------------|--------------------------------|---------------|-----|
|   |     |            |            |                                |               |     |
|   |     |            |            |                                |               |     |
|   |     |            |            |                                |               |     |
|   |     |            |            |                                |               |     |
|   |     |            |            |                                |               |     |
| <i>Make checks payable to: Chesterbrook Swimming &amp; Tennis Club</i><br><i>Mail forms and checks to: Michael Coleson</i><br><i>2969 Wilson Ave.</i><br><i>Oakton, VA 22124 Phone:(703) 356-4471</i> |     |            |            | <b>TOTAL FEE<br/>ENCLOSED:</b> |               |     |

### PRIVATE SWIM LESSONS

Qualified instructors offer private swim lessons at Chesterbrook Pool. Parents work with the instructor personally to create a program and schedule that fits the needs of the individual swimmer. The fee starts at \$18 per half-hour lesson. More experienced instructors charge higher rates. Michael Coleson, Director of the Swim Instruction Program, and/or Mike Duffner will be happy to help you find the instructor who's right for you once the pool has opened. **No scheduling for private lessons will take place until the pool has opened.** For more information, send an e-mail to [mcoleson@gmu.edu](mailto:mcoleson@gmu.edu) or call the pool this summer to speak with Mike Duffner or Michael Coleson at (703) 356-4471.

### LIFEGUARD CERTIFICATION

Jenny York, Red Cross Lifeguard Trainer, will offer a course in lifeguard certification and lifeguard recertification. These courses will be open to members and non-members of Chesterbrook. Participants must be at least 15 years old. Call Jenny York at (703) 993-2935, or e-mail [jsyork@comcast.net](mailto:jsyork@comcast.net) for more information on the classes or schedule, or to register for class. Payment must be received prior to class at time of registration, and payment should be directly to Jenny York.