

SWIM INSTRUCTION PROGRAM GUIDE **SUMMER 2010**

CHESTERBROOK SWIMMING & TENNIS CLUB, 1812 KIRBY ROAD, MCLEAN, VA 22101 703-356-4471

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: \$100
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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 28 – July 9	Session 3: M–F, July 19 – July 30
	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: \$100
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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 28 – July 9	Session 3: M–F, July 19 – July 30
	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: \$100
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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 28 – July 9	Session 3: M–F, July 19 – July 30
	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: \$100
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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 7 – June 18	Session 2: M–F, June 28 – July 9	Session 3: M–F, July 19 – July 30
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: \$100
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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 7 – June 18	Session 2: M–F, June 28 – July 9	Session 3: M–F, July 19 – July 30
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

Swim Classes Summer 2010 Chesterbrook Swim & Tennis Club

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

Child's Name (Last, First)	AGE	Sex M/F	Class Name	Start Date	Start Time	Fee
Make checks payable to: Chesterbrook Swimming & Tennis Club Mail forms and checks to: Michael Coleson 3338 Annandale Rd. Falls Church, VA 22042 Phone: (703) 356-4471					TOTAL FEE ENCLOSED:	

HOW TO REGISTER FOR SWIM CLASSES

To register by mail, complete the form at the top of this page, cut it out, and ***mail it to Michael Coleson, 3338 Annandale Rd. Falls Church, VA 22042.*** 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 find registration forms at the pool front 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 an e-mail to mcoleson@gmu.edu.

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 \$20 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 is 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 or call the pool this summer to speak with Mike Duffner or Michael Coleson at (703) 356-4471.

LIFEGUARDING/FIRST AID/CPR CERTIFICATION CLASSES SPRING 2010

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. All classes are held at Overlee Pool. ***Register in advance so that we can plan accordingly*** **First time certifications ...must attend all class sessions.** May 1, 2, 16, 22, 23 8AM-4PM. The cost of the class is \$275.00. Checks should be made payable to Ryan Pool Management, INC. The cost of the class includes the book, CPR mask and First Aid supplies. **Lifeguarding/First Aid/CPR RECERTIFICATION** (LG/FA must be done every three years, CPR yearly). May 15-16, 8AM-4PM. The cost of the class is \$150.00. Checks should be made payable to Ryan Pool Management, INC. If you need a new book or CPR mask, you must purchase another one. **CPR recertification** (must be done yearly) Choose one of the following dates. April 21, 6PM-9PM; April 28, 6PM-9PM; May 15, 8AM-12PM. The cost of the class is \$75.00. Checks should be made payable to Ryan Pool Management, INC. If you need a new book or CPR mask, you must purchase another one. Contact for questions: Jenny York, email to jsyork@me.com or call 703-939-2935.

CHESTERBROOK SUMMER CAMP

The Chesterbrook summer camp will be held the first week of **August, 2nd – 6th**, from **9am -12noon**. Campers will participate in various activities in and out of the water such as Water Safety Skills, Tennis, Wiffle Ball, and a Raft Party. Campers will also make tie-dye clothing and other arts and crafts. The last day features a mock Olympics where campers compete for their respective teams in classic CST Olympic Games such as the Kickboard Relay, Hula Hoop Contest, Water Balloon Sling Shot, Splash Competition, and Tug of War. The camp is held from 9:00am until 12:00noon, before normal pool hours. Parents are welcome to sign-in at the front desk and stay at the pool with the campers after camp is over. Counselors for the camp will be senior lifeguards who will supervise their group of campers throughout the day and lead their group in activities. A schedule of activities will be provided on the first day of camp. Campers are to bring their own equipment such as tennis rackets, rafts, and tie-dye clothing on the designated day. We have a couple of extra pieces of equipment for use but not enough for everyone. The counselor will provide the campers with lemonade and graham crackers daily. Parents are free to pack an additional or alternative snack or beverage. Please inform counselors of any camper medical conditions (Asthma, Diabetes, etc.) or allergic conditions (Peanuts, Seafood, etc.) on or before the first day of camp. The cost for the camp will be **\$100** per camper. Campers must be ages **5-11** years old. Registration for the camp will begin **May 22nd**. Registration forms will be available at the front desk. Please return the registration form to the front desk with full payment to reserve a spot in the camp. For more information, send an e-mail to Michael Coleson at mcoleson@gmu.edu.

Registration forms for Summer Camp and Group Swim Lessons

Summer Camp Summer 2010 Chesterbrook Swim & Tennis Club

Parent Name(s) _____
 Address _____
 Home _____ Cell/Beeper _____
 Work Ph. (M) _____ (F) _____ E-mail _____
 Allergies or Medical Conditions _____

<i>Child's Name (Last, First)</i>	<i>AGE</i>	<i>Sex M/F</i>	<i>Fee</i>
Make checks payable to: Chesterbrook Swimming & Tennis Club			TOTAL FEE: <input type="text"/>

Swim Classes Summer 2010 Chesterbrook Swim & Tennis Club

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

<i>Child's Name (Last, First)</i>	<i>AGE</i>	<i>Sex M/F</i>	<i>Class Name</i>	<i>Start Date</i>	<i>Start Time</i>	<i>Fee</i>
Make checks payable to: Chesterbrook Swimming & Tennis Club Mail forms and checks to: Michael Coleson 3338 Annandale Rd. Falls Church, VA 22042 Phone: (703) 356-4471				TOTAL FEE ENCLOSED:		<input type="text"/>