



# FAIRBRAE SWIM & RACQUET CLUB

*A Non-Profit Corporation*

696 SHERATON DRIVE

SUNNYVALE, CALIFORNIA 94087

408-739-3833

## 2009 YOUTH SWIM LESSON PROGRAM

Welcome to Fairbrae group swim lessons. Lessons are offered from the non-swimmer who is not safe in the water to advanced swimmer who will be introduced to competitive strokes. A brief description of level requirements is available on the reverse of this form. All children will be quickly tested the first day to confirm their ability. Depending on this test and how quickly your child learns, they may be moved to a different lesson level. Class size will be limited to 3 to 6 students per instructor depending on class level. All instructors have had prior teaching experience and/or have gone through training to become an instructor. Most classes will have additional swim aides to help facilitate the lessons.

**Cost:**

\$55.00 for Fairbrae Members for eight 30 minute classes, Monday – Thursday

\$80.00 for Non-Fairbrae Members for eight 30 minute classes, Monday – Thursday

**Class Dates:**

Session 1: June 22nd-July 2nd

Session 2: July 6th – July 16th

Session 3: July 20th – July 30th

Session 4: Aug 3rd – Aug. 13th

**Class Times for each day/session:**

10:00 – 10:30 AM

10:30 – 11:00 AM

11:00 – 11:30 AM

11:30 – 12:00 PM

**Registration:**

Please complete the form below and return it to the **Fairbrae Office**. Keep in mind sessions may fill quickly. Non-members should include payment by check payable to Fairbrae Swim Club. Class time assignments will be posted in the office window. Please fill out a separate registration form for each participant & session. **Cancellation**

**Policy: No refunds if cancelled one week before lessons start.**

Please feel free to contact us in the office at (408) 739-3833.

----- Please return lower portion with Payment -----

**Fairbrae 2009 Swim Lessons**

Swimmer's Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Age: \_\_\_\_\_

Parent's Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Fairbrae Member: Yes / No

Home Phone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Please pick Session, Level of Ability, and Time Preferences (see reverse for times each level is offered):

Session \_\_\_\_\_ Level (1 – 6) \_\_\_\_\_ Time 1 \_\_\_\_\_ Time 2 \_\_\_\_\_ Time 3 \_\_\_\_\_

\*All contact information will stay in the privacy of Fairbrae Swim Club.

# Fairbrae Swim Lessons

## Requirements/Guidelines for entering a Level

### **Level 1** - offered at 10:00, 10:30 & 11:00

To enter **Level 1** students should be at least 3 years old, able to sit on the shallowest step in the pool and willing to try.

### **Level 2** - offered at 10:00 & 11:30

To enter **Level 2** students should be able to:

- Use the steps to enter and exit the water on their own
- Blow bubbles
- Open eyes underwater without goggles
- Grab something in the pool that requires putting their face in the water
- Comfortably float on their front and back with help
- Roll between front float and back float with help
- Walk away from the wall, turn around and walk back
- On both front and back, push off wall to a float and then kick

**The skills listed are those required to enter the level, NOT the skills to be taught.**

### **Level 3** - offered at 10:00, 10:30 & 11:00

Students for **Level 3** should be able to:

- Go all the way under water
- Breathe, go under water and blow bubbles and repeat (also known as doing bobs)
- Retrieve a moving object underwater without goggles
- Float on front and back without assistance
- Move from front and back floats to standing without assistance
- Roll between front and back floats
- Push off wall and kick with straight legs and hands together over their head

### **Level 4** - offered at 10:30 & 11:00

To start **Level 4** swimmers should be able to:

- Jump from the side into deep water
- Do a sitting dive: sit or kneel on edge and enter deep water head first
- Retrieve object from bottom in chest deep water
- Breathe to the side while kicking on the wall
- Float on both their front and back for 30 seconds
- Push off wall and float two body lengths on both their front and back
- Go from standing to front and back floats
- Keep head up (tread) in deep water for 30 seconds
- "Big arm" swimming with face in the water
- "Big arm" swimming on back
- Dolphin (butterfly) kick

### **Level 5** - offered at 11:30

For **Level 5** swimmers should be able to:

- Dive from the side into deep water
- Swim underwater for three body lengths
- Tread in deep water and then go half a body length under water feet first
- Swim from the flags to wall and back without stopping
- Tread water for a minute
- Swim the length of the pool freestyle and backstroke
- Swim the width of the pool breaststroke, butterfly and elementary backstroke

### **Level 6** - offered at 11:30

To enter **Level 6** swimmers should be able to:

- Do a shallow (racing) dive and start swimming
- Swim the width of the pool underwater
- Swim to the middle of the pool and dive head first to the bottom without standing up
- Do freestyle and backstroke flipturns
- Tread water for two minutes
- Swim two lengths of the pool freestyle and backstroke
- Swim one length of the pool breaststroke, butterfly and elementary backstroke