

## **Hidden Valley Lake Swim Lessons 2018**

Registration form is available on the website [www.hiddenvalleylakeindiana.com](http://www.hiddenvalleylakeindiana.com)

Swim lessons will be offered for children who have turned 3 years old by January 1, 2018 .

There are several options to sign up for this summer! All registrations must be done in person at HVL Pool. Registration for HVL Residents is Tuesday May 22 & Thursday May 24 from 4pm-7pm and then will be accepted again during normal operating hours. We will continue registration until each class is full. There is limited space available for each class; registration is first come first serve. Classes for all skill levels. If you are not sure what level your child should be in we will be able to help you at registration. The cost is \$40 child per week.

Non-residents may sign up beginning May 26 for these classes however they may be put on a waitlist and contacted if spots are available.

For all classes children must be at least 3 years old as of January 1, 2018.(Proof of age may be required) We offer classes for all skill levels.

*#1 June 11-14 from 11:15-Noon Monday – Thursday (Friday will be used as a weather make up day)*

*#2 June 25-28 from 11:15-Noon Monday – Thursday (Friday will be used as a weather make up day)*

*#3 July 16-19 from 11:15-Noon Monday – Thursday (Friday will be used as a weather make up day)*

*#4 **Tuesday Evening Lessons** \*Beginner 6:15-7:00 June 5, 12, 19, 26*

*#5 **Wednesday Evening Lessons** \*Intermediate 6:15-7:00 June 6,13, 20, 27*

*#6 **Saturdays** \*Beginner from 11:00- 11:45 June 9, 16, 23, 30*

*#7 **Saturdays** \* Intermediate from 11:00-11:45 June 9,16,23,30*

### **Class Level Information**

**Level 1** -Designed for children who need to become better acquainted with the water. Skills taught include putting face in the water , blowing bubbles, bobs, water safety rules, supported floating & kicking & jumping off the side & the diving board .Other skills may be added as these are achieved are achieved.

**Level 2**– Swimmers who have conquered their fear of water and are now ready for the next step of becoming a confident swimmer. Skills taught head/face in the water, proper kicking, floating, Independent swimming. Jumping off the side and diving board

**Level 3** - Swimmers who are ready to learn freestyle, backstroke, treading water, floating unsupported, water safety Other skills may be added as these are achieved. Some work may be done in the deep end. Must be able to swim independently with face in the water to be in this class

**Level 4**—Swimmers who have mastered all the other classes and are ready to learn proper technique side breathing freestyle, backstroke, breaststroke , treading and diving . Review safety rules. Most work will be done in the deep end

**Beginner** – Combination of Level 1 & 2

**Intermediate** - Combination of Level 3-4