

SWIMMING REGISTRATION WILL BE LATER THIS YEAR IN ORDER TO ENSURE STAFF AVAILABILITY.

2019 DYERSVILLE FAMILY AQUATIC CENTER GROUP SWIMMING LESSONS

Parents Name (last): _____ (first) _____
Please Print

Address: _____ City, State, Zip: _____

Home Phone: _____ Cell Phone: _____

E-mail Address: _____

**CHILDREN ARE
ONLY ALLOWED TO
SIGN UP FOR ONE
LESSON A YEAR.**

REGISTER ONLINE OR IN PERSON BEGINNING MAY 6TH - 10 A.M. Dyersville residents ONLY

REGISTER ONLINE OR IN PERSON BEGINNING MAY 10TH - 10 A.M. Open to all

Sessions and Time assignments are on a first come, first serve basis.

\$30 RESIDENT \$40 NON-RESIDENT

A resident is defined as a person/family that has a Dyersville residential street address or is a property owner in the City.

SWIMMING LESSON FEES ARE NON-REFUNDABLE

A \$5.00 transfer fee will be applied to any request to transfer to a different swim lesson date or time.

Swim lessons will be made up at a time to be determined.

PRESCHOOL: Child must be 4 years old by June 1, 2019

**\$20.00 Late Fee
for each registration
Enforced on May 24**

GROUP SESSIONS:

SESSION 1 (June 10 – June 14)	A (9:00 am)	B (10:00 am)	C (11:00 am)
SESSION 2 (June 24 – June 28)	A (9:00 am)	B (10:00 am)	C (11:00 am)
SESSION 3 (July 7– July 11)	A (5:00-6:00 pm)	B (6:00-7:00 pm)	

LEVEL 6/7 LIFEGUARD READINESS: June 18 -20 (9:30-11:30 am)

Child's Name (first & last name)	MALE/ FEMALE (M - F)	Session or Class/Date	Time (A, B, C)	Class Level	Birth Date	Age (as of June 1 st)	Fee
							\$
							\$
							\$
							\$
							\$

~ See Park & Rec Brochure for Class Level - if unsure leave blank, all past swim students are on file to ensure proper placement. ~

I hereby agree to permit my child to participate in the Learn to Swim Program & understand that the City of Dyersville Family Aquatic Center & its employees will not be held responsible for any accidents.

Parent's Signature: _____ Date: ____ / ____ / '19



• Please make checks payable to City of Dyersville •
340 1st Ave. East • Dyersville, IA 52040

2019 SWIMMING LESSONS REGISTRATION

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REGISTER ONLINE OR IN PERSON BEGINNING MAY 10TH - 10 A.M. Open to all

Sessions and Time assignments are on a first come, first serve basis.

DYERSVILLE RESIDENTS ONLY (must reside or own property within corporate city limits)

(Any registration completed indicating incorrect residency will be removed and processing fees cannot be refunded.)

A \$5.00 transfer fee will be applied to any request to transfer to a different swim lesson date or time.



GROUP SESSIONS:	SESSION 1 (June 10 – June 14)	A (9:00 am)	B (10:00 am)	C (11:00 am)
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LEVEL 6/7: June 18-20 (9:30-11:30 am)

PRESCHOOL – Child must be 4 years old by June 1, 2019

1. try to fully submerge face/blow bubbles with support
2. bobbing with support
3. rhythmic bobbing 10 times with support
4. front float with support/kickboard
5. back float with support
6. front and back glide 5' with support
7. jump in and out of water with support
8. pool and safety rules

LEVEL 1: INTRODUCTION TO WATER SKILLS

1. enter and exit pool using ladder, side or steps independently
2. fully submerge mouth, nose and eyes independently
3. open eyes underwater and pick up submerged object
4. front and back float with support
5. recover from both front and back float to stand, supported
6. change direction while paddling, supported
7. roll over from front to back and back to front, supported
8. explore treading arm and hand movements
9. front crawl arm stroke and kick 5', supported
10. back swim using any type of arm and leg kick, move 5', supported
11. pool + safety rules-buddy swim and recognizing a swimmer in distress

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

1. enter and exit pool in chest deep water, independently
2. submerge head 5 sec., open eyes underwater and pick up submerged object
3. front and back float, unsupported
4. recover from both front and back float to stand, unsupported
5. front and back glide 2 body lengths, unsupported
6. change direction while paddling, supported
7. roll over from front to back and back to front, unsupported
8. explore treading arm and leg movements in chest deep water, unsupported
9. front crawl arm stroke and kick 10', unsupported
10. finning and sculling on back, 10', unsupported
11. back swim using any type of arm and leg kick, move 10', unsupported
12. pool + safety rules-swim with buddy, recognize a swimmer in distress + how to get help

LEVEL 3: STROKE DEVELOPMENT

1. jump into deep water, from side
2. head first entry from the side in a sitting or kneeling position, 9'
3. retrieve an object from bottom in chest deep water,
4. front and back glide 2 body lengths using 2 different kicks
5. survival float in deep water, 30 seconds
6. change from vertical to horizontal position on front and back in deep water
7. tread water 30 seconds in deep water
8. front and back crawl 10 yds
9. introduce elementary backstroke
10. pool and safety rules, safe diving rules, reaching assists, and how to recognize a swimmer in distress

LEVEL 4: STROKE IMPROVEMENT

1. dive from side in compact or stride position, 9' and off board
2. underwater swim 3 body lengths
3. feet first surface dives in 12'
4. survival float 1 minute in deep water
5. back float 1 minute in deep water
6. tread water 1 minute
7. front crawl, back crawl and elementary backstroke, 25 yds
8. sidestroke kick and breaststroke kick, 10 yds
9. pool and safety rules, safe diving rules, HELP and huddle positions 1 minute, and reaching assists

LEVEL 5: STROKE REFINEMENT

1. shallow dive, 9'
2. shallow dive, glide 2 body lengths, then begin any front stroke, 9'
3. swim underwater 10 yds
4. tuck and pike surface dives
5. survival float 2 minutes
6. back float 2 minutes
7. front and back flip turns, open turn using any stroke on front and back, then push off in a streamlined position
8. tread water, 5 minutes
9. front crawl, back crawl, and elementary backstroke, 50 yds
10. breaststroke and sidestroke, 25 yds

LEVEL 6: PERSONAL WATER SAFETY JUNE 18-20 • 9:30-11:30 am

1. front and back crawl-100 yds
2. breaststroke, elementary backstroke, sidestroke, butterfly: 50 yds
3. front crawl, backstroke, and sidestroke open turns
4. front crawl flip turn, breaststroke turn, butterfly turn and backstroke flip turn
5. review: HELP + huddle positions 2 min., feet first, pike and tuck surface dives
6. survival swimming 2 minutes
7. rescue breathing 2 minutes

LEVEL 7: LIFEGUARD READINESS JUNE 18-20 • 9:30-11:30 am

1. front and back crawl-100 yds
2. breaststroke, elementary backstroke, sidestroke, butterfly: 50 yds
3. front crawl, backstroke, and sidestroke open turns
4. front crawl flip turn, breaststroke turn, butterfly turn and backstroke flip turn
5. review: HELP + huddle positions 2 min., feet first, pike and tuck surface dives
6. demonstrate: Check-call-care, call for emergency help, care for conscious choking victim
7. demonstrate: reaching and throwing assists, rescue breathing
8. tread water 5 min. 12'; tread water kicking only 12'; 2 min
9. compact jump into water from height with rescue tube
10. front crawl and breaststroke with rescue tube trailing
11. surface dive and retrieve brick from 10'
12. swim on back holding brick keeping face out of water
13. wading assist with equipment, walking assist, beach drag, hip and shoulder support, head splint, using a backboard and 2 person removal from water