

Overbrook Pool Swimming Lessons

Overbrook City Pool will be offering American Red Cross swimming lessons for the 2007 season. The lessons will be taught by certified instructors. Class size will be limited to 6 participants per instructor so children will receive ample individual attention. Please read and fill out this form and return it to Overbrook City Hall by May 25th. Forms will be handled on a first come first serve basis.

Public lessons will be \$30 per child. Make checks payable to Overbrook City Pool. Lessons will be offered from 9:00 to 11:45am and are 45 minutes long with 15 minute breaks in between classes. These fifteen minutes will allow instructors to prepare for their next class and talk to parents about a child's progress if needed.

Name Last First Age Level ready for... 1-6 and Guard Start

Example: Smith, Joe 7yrs. Level 2

1. _____
2. _____
3. _____
4. _____
5. _____

These are the sessions being offered, please circle two and label 1st and 2nd choice.

Session 1	June 4-June 15
Session 2	June 18-June 29
Session 3	July 9-July 20
Session 4	July 23-Aug. 3

****Lesson schedules will be posted after May 30 at City Hall and on the Pool bulletin board.****

We would also like to know what other programs you would be interested in for the 2007 season, please circle:

Evening Parent Tot

Saturday Morning Parent Tot

Adult Lessons

Water Aerobics

SWIM TEAM!!

Private Lessons

Other: _____

I do not hold Overbrook Swimming Pool responsible for any accidents or injuries pertaining to my child while at the pool. To my knowledge, my child does not carry any contagious diseases. Please describe ANY disabilities or medical information pertaining to you child (ren) so the instructors can adjust lessons for them.

Parent/Guardian signature _____ Date _____

Phone # _____ Best time to call _____

Lesson Description

Parent Tot: For children 6 months to 5 years of age and their parents, Parent Tot build water readiness by emphasizing fun in the water.

Level 1: Helps students feel comfortable in the water and enjoy the water safely. Children will work on blowing bubbles, and getting their face wet, lots of time will be spent playing water games.

Level 2: Basic skills are covered and perfected in this level. Kids work on kicking, front crawl arm strokes, and moving/floating in the water.

Level 3: Builds on the skills learned in Level 2 with additional guided practice. Level 3 introduces treading water, breast stroke, and elementary backstroke.

Level 4: Develops confidence in the strokes learned and improves other aquatic skills. This level will spend some time in the 5-6ft.

Level 5: All strokes are introduced by this level; children will work on coordination and refinement of their strokes.

Level 6: Personal Water Safety. This level will refine all the strokes and work on endurance and distance swimming. Students will also learn basic water safety/rescue skills and have an introduction to CPR.

POOL HOURS

Monday-Friday 1-5pm / 6-8pm

Saturday and Sunday 1-7pm

Activities will be held from 5-6pm Monday-Friday. A detailed schedule will be available on May 28th when the pool opens.

<GENERAL ADMISSION>

Up to 1yr—Free

1-10yrs--\$1.50

11 and older--\$2.00

The pool opens MAY 28th, 2007!!! Remember, the first day is FREE!!!

If you have questions about lessons or activities please call Joni Hudson
(785) 393-1352