



Forest Hills Swim Club 2024 Swim Lessons

Members Private Lessons	\$160.00	M-Th 4 Lessons
Non-Members Private Lessons	\$200.00	M-Th 4 Lessons

Parent/Guardian Name _____ Cell Phone # _____

Address _____ Home Phone # _____

Email address _____

Swimmer's Name: _____ Age ____ Swim Level (PS-6) ____

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In-Person Sign -up will be held on April 20 for Members and April 21 for Non-Members at 9AM-Noon at Forest Hills Swim Club, 19199 Gliddon Street Castro Valley CA 94546. Please bring filled out application and make checks payable to: **Forest Hills Swim Club**

For questions email Signe Gervasoni at milehi8750@aol.com

June 3-June 6th

June 10-June 13th

June 17-June 20th

June 24- June 27th

July 8- July 11th

July 15- July 18th

July 22-July 25th

July 29- August 1st

August 5- August 8th (Tentative)

Continued Next Page

Pre-School (age 3-5) Water Exploration	<ul style="list-style-type: none"> • Develop swimming readiness • Getting comfortable in the water • Water safety 	<ul style="list-style-type: none"> • Water entry and bubble blowing • Underwater exploration, hold breath underwater • Front and back kicking, floats, glides, and introduce arm movements • Jumping in and turning over
LEVEL 1 Water Exploration --- Beginner over age 5	<ul style="list-style-type: none"> • Orientation to aquatic environment • Create a sound foundation for aquatic and safety skills 	<ul style="list-style-type: none"> • Underwater exploration • Fully submerge face – 3 seconds • Supported floating and kicking on front and back • Alternating arm action with support • Bounce up and down in chest deep water 10 times • Walk in chest deep water, alternating arms 5 yards • Basic water safety rules and how to get help in an emergency
LEVEL 2 Primary Skills --- Beginner	<ul style="list-style-type: none"> • Expand on fundamental aquatic locomotion and safety skills • Stroke Introduction: Backstroke & Crawl 	<ul style="list-style-type: none"> • Floating or gliding on front and back unsupported with recovery 5 -15 seconds • Combined stroke on front, using kick and alternation arm action 5 yards • Change Direction while swimming
LEVEL 3 Stroke Readiness --- Intermediate	<ul style="list-style-type: none"> • Increase swimming skill competency • Treading water • Stroke introduction: Above as well as Scissor kicks 	<ul style="list-style-type: none"> • Headfirst from sitting in to water • Back float 30 seconds, Tread water 30 secs • Front Crawl 15 yard • Elementary Back stroke 15 yards • Scissor kick 10 yard
LEVEL 4 Develop Stroke --- Intermediate	<ul style="list-style-type: none"> • Develop confidence and competency in strokes and safety skills beyond preceding levels • Introduction of breaststroke and sidestroke • Tread water, any kick 2 minutes • Stroke introduction: Above as well as butterfly & breast stroke 	<ul style="list-style-type: none"> • Dives from the side of pool from stride and standing positions • Elementary backstroke 10 yards • Front crawl rotary breathing 25 yards • Breaststroke 15 yards • Sidestroke kick 10 yards • Introduction to turning at wall
LEVEL 5 Skill Proficiency --- Advanced	<ul style="list-style-type: none"> • Continue refinement of front crawl, elementary backstroke and sidestroke • Introduce butterfly, surface dives and springboard diving • Tread water 2 different kicks 5 minutes • Beginning diving progression from diving board 	<ul style="list-style-type: none"> • Breaststroke 25 yards • Sidestroke 25 yards • Swimming underwater 3 body lengths • Elementary backstroke 25 yards • Butterfly 25 yards • Front 50 yard and back crawl 25 yards • Open turns on front and back • Elementary back stroke 50 yards
LEVEL 6 Advanced Skills --- Very	<ul style="list-style-type: none"> • Develop maximum efficiency and endurance for strokes • Introduce flip turns • Refinement of diving skills 	<ul style="list-style-type: none"> • Approach and hurdle on diving board • Jump tuck from diving board • Tuck and pike surface dives • Breaststroke 50 yards • Front crawl 100 yards

Advanced	3 subdivisions <ul style="list-style-type: none"> • Personal Water Safety • Fundamentals of Diving • Fitness Swimmer 	<ul style="list-style-type: none"> • Back crawl 100 yards • Sidestroke 25 yards, sidestroke turn • Breaststroke 25 yards • Butterfly 10 yards • Approach stroke 25 yards • Flip turn for front crawl
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