



The Church in the Gardens
Community House
15 Borage Place
Forest Hills, NY 11375
718-268-7710

WINTER SWIMMING

Registration for the winter session of swimming lessons will begin on Monday, December 4th for Community House members. Registration for non-members will begin on Monday, December 11th at 7 am. Please remember that registration must be done **in person, and will be based on a first come first serve basis**. If your child has been taking swimming lessons with us, his/her instructor will inform you of the level which your child should be registered. (A list is also in the CH office). *If your child is not a beginner or has not taken swimming lessons at the CH, he/she must be evaluated. We will be having evaluations on Tuesday and Thursday, December 5th & 7th from 3:00 – 5:00 pm.*

Requirements: Child must be at least 4 years of age. Most children are not ready for group lessons younger than age 4. REMEMBER once the classes begin, fees are non-refundable.

DO NOT give your child anything to eat at least 2 hours prior to their swim lesson.

In order for your child to advance to the next level they must successfully complete the goals/skills described below.

Level 1 – Water Exploration - No Prior Experience, No Basics - Designed for those fearful of the water, unable to submerge their faces under water. Skills required moving on to next level: include safety rules, floating, and bubbles, kicking, putting face under the water, following instructions and pushing off the wall without much assistance.

Level 2A – Swim Readiness - For those comfortable in the water, can submerge their face under water. Skills required moving on to next level: introduction to front crawl, independently using a kickboard or barbell, ability to independently perform basic "stroke-touch" front crawl.

Level 2B – Primary Skills – Introduction to deep water, water adjustment (deep water skills), bubbles, breathing, kicking, and front crawl in depth. Elementary back stroke. Skills required moving on to next level: complete independence, understanding, and comfort ability swimming from deep to shallow/shallow to deep. Master Rotary breathing.

Level 3 – Independent Swimming – Should wear goggles. Ability to swim the width of the pool without any assistance. Introduction to the backstroke - Endurance exercises - Skills required moving on to next level: Able to do backstroke effectively.

Level 4 – Stroke Development - Introduction to Breaststroke and Dolphin Kick. Skills required moving on to next level include understanding and effectively demonstrating the front crawl, backstroke, and breaststroke.

Level 5 – Technicals – Perfection of every stroke and introduction to the Butterfly. Skills required moving on to next level – Mastering the Butterfly.

Monday –	10 half-hour classes	Members: \$150.00	Non-Members: \$250.00
	Class Dates: Jan. 8, 22, 29 Feb. 5, 12, 26 Mar. 5, 12, 19, 26		
Wednesday –	10 half-hour classes	Members: \$150.00	Non-Members: \$250.00
	Class Dates: Jan. 10, 17, 24 31 Feb. 7, 14, 28 Mar. 7, 14, 21		
Friday –	10 half-hour classes	Members: \$150.00	Non-Members: \$250.00
	Class Dates: Jan. 12, 19, 26 Feb. 2, 9, 16 Mar. 2, 9, 16, 23		

*****ONE MAKE-UP CLASS PER SESSION*****

Make up classes are as follows:

Monday – April 2, Wednesday – March 28, Friday – April 6

Level 1-WATER EXPLORATION

Mondays: 4:00 – 4:30 OR Wednesdays: 4:00 – 4:30 OR Fridays: 4:00 – 4:30

Level 2A-SWIM READINESS

Mondays: 4:30 – 5:00 OR Wednesdays: 4:30 – 5:00 OR Fridays: 4:30 – 5:00
5:30 – 6:00 5:30 – 6:00

Level 2B-PRIMARY SKILLS

Mondays: 5:00 – 5:30 OR Wednesdays: 5:00 – 5:30 OR Fridays: 5:00 – 5:30
5:30 – 6:00 6:00 – 6:30

Level 3-INDEPENDENT SWIMMING

Mondays: 4:00– 4:30 OR Wednesdays: 4:00 - 4:30 OR Fridays: 4:30 – 5:00
4:30 – 5:00 4:30 – 5:00

Level 4-STROKE DEVELOPMENT

Mondays: 5:00 – 5:30 OR Wednesdays: 5:00 – 5:30 OR Fridays: 4:00 – 4:30
5:00 – 5:30

Level 5-TECHNICALS

Mondays: 5:30 – 6:00 OR Wednesdays: 5:30 - 6:00 OR Fridays: 5:30 – 6:00

All checks payable to The Community House