



**THE CHURCH IN THE GARDENS
COMMUNITY HOUSE
15 Borage Place
Forest Hills, NY 11375
Telephone# 718/268-7710
www.citgch.org**

SUMMER SWIMMING

Registration for the summer session of swimming lessons will begin on Monday, June 11th for Community House members. Registration for non-members will begin on Monday, June 18th 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). Evaluations will be on Tuesday, June 5th and Thursday, June 7th from 3:00-5:00pm.

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 class begins, fees are non refundable.

PLEASE DO NOT give your child anything to eat at least 1 hour 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, 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, 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 – Ability to swim the width of the pool without any assistance. Introduction to the backstroke and endurance exercises. Skills required moving on to next level: Able to do backstroke effectively.

Level 4 – Stroke Development - Introduction to the 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. Skill required moving on to the next level – mastering the butterfly.

Mondays and Wednesdays – 10 half-hour classes Members: \$150.00 Non-Members: \$250.00

Class Dates: July 9, 11, 16, 18, 23, 25, 30 August 1, 6, 8

5 Mondays and 5 Wednesdays

Tuesdays and Thursdays – 10 half-hour classes Members: \$150.00 Non-Members: \$250.00

Class Dates: July 10, 12, 17, 19, 24, 26, 31 August 2, 7, 9

5 Tuesdays and 5 Thursdays

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

(All make-ups will be held the week after the schedule ends)

Level 1 - WATER EXPLORATION

Mondays & Wednesdays 4:00 - 4:30

Tuesdays & Thursdays 4:00 - 4:30

Level 2A - SWIM READINESS

Mondays & Wednesdays 4:30 - 5:00 OR 5:30 - 6:00

Tuesdays & Thursdays 4:30 - 5:00

Level 2B - PRIMARY SKILLS

Mondays & Wednesdays 5:00 - 5:30

Tuesdays & Thursdays 5:00 - 5:30 OR 5:30 - 6:00

Level 3 - INDEPENDENT SWIMMING

Mondays & Wednesdays 4:00 - 4:30

Tuesdays & Thursdays 4:00 - 4:30 OR 4:30 - 5:00

Level 4-STROKE DEVELOPMENT

Mondays & Wednesdays 4:30 - 5:00 OR 5:00 - 5:30

Tuesdays & Thursdays 5:00 - 5:30

Level 5-TECHNICALS

Mondays & Wednesdays 5:30 - 6:00

Tuesdays & Thursdays 5:30 - 6:00

All checks payable to the Community House