



**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 3rd for Community House members. Registration for non-members will begin on Monday, December 10th 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 4^h & 6th 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 –	9 half-hour classes Class Dates: Jan. 7, 14, 28	Members: \$180.00 Feb. 4, 11, 25	Non-Members: \$270.00 Mar. 4, 11, 18
Wednesday –	9 half-hour classes Class Dates: Jan. 9, 16, 23, 30	Members: \$180.00 Feb. 6, 13, 27	Non-Members: \$270.00 Mar. 6, 13
Friday –	9 half-hour classes Class Dates: Jan. 11, 18, 25	Members: \$180.00 Feb. 1, 8, 15	Non-Members: \$270.00 Mar. 1, 8, 15

*****ONE MAKE-UP CLASS PER SESSION***
Make up classes are as follows:**

Monday – March 25 Wednesday – March 20 Friday – March 22

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