



Swimming Lessons

Non-members: Registration is in person on Saturday, May 22th from 1-3pm at the West Side Tennis Club. No advance registrations will be accepted from non-members. Swim instructor, Lee Chase will be available to discuss class level.

Members: May submit a completed registration form to the club at any time.

Level 1 – For children fearful of the water. Instruction includes water acclimation, blowing bubbles, entry, exit, floating, supported flutter kick on front and back, alternating arm action. Children must be at least 3 years old and toilet trained to participate. Adult **MUST** accompany the child in the water.

Level 2 – Beginner skills for children with some pool exposure and experience. Instruction includes bobbing, submerging, prone glide unsupported, back float unsupported, flutter kick unsupported, front crawl introduction, turn front to back. Some adult help may be necessary.

Level 3 – For children who can glide/swim and are comfortable submerging. Instruction includes retrieving objects, glide, front crawl, breathing to side, back crawl, frog kick, jumping into deep water, sit dive.

Level 4 – For older children and adults who are experienced swimmers. Instruction includes stretching, kicking/stroking/treading drills, shallow/surface dives, rescue skills. Strokes: front/back crawl, breast, butterfly, side, elementary back, inverted breast, trudgen. Swimmer will improve stroke technique and endurance.

Note: Placement level and class size subject to instructor's discretion.

Course	Saturday Schedule	Saturday Lesson Dates – 8 weeks
Level 1	9:30 - 10:00am	Saturdays – June 19, 26; July 3, 10, 17, 24, 31; Aug 7 8 Sessions <i>Rain date: same time on Sunday or TBD</i>
Level 2	10:00 - 10:30am	
Level 3	10:30 - 11:00am	
Level 4	8:45 – 9:30am	

Course	Tues/Thurs Schedule	Tuesday/Thursday Lesson Dates – 7 weeks
Level 1	12:30 - 1:00pm	Tuesdays – June 29: July 6, 13, 20, 27; Aug 3, 10 Thursdays – July 1, 8, 15, 22, 29; Aug 5, 12 7 Sessions <i>Rain dates: TBD</i>
Level 2	1:00 - 1:30pm	
Level 3	4:15 - 4:45pm	
Level 4	4:45 – 5:30pm	

THERE ARE NO MAKEUPS FOR MISSED CLASSES, JUST FOR CANCELLED CLASSES

Cost of Lessons (8-week session): Members: \$80.00; Non-Members: \$160.00

Cost of Lessons (7-week session): Members: \$70.00; Non-Members: \$140.00

Cost of Level 4 Lessons (7-week session): Members: \$90.00; Non-Members: \$180.00

Cost of Level 4 Lessons (8-week session): Members: \$100.00; Non-Members: \$200.00

Cost of Private Lessons for Members only * (½ hour session): \$35.00

Cost of Semi-Private Lessons for Members only * (2 students): \$45.00

* Contact Lee Chase directly to schedule private lessons at (718) 263-2402 or Cell (917) 903-0790 or ChaseLifeGuard@aol.com

IMPORTANT NOTE TO NON-MEMBERS: ONLY REGISTERED STUDENTS WILL BE ALLOWED IN POOL AND ONLY DURING SCHEDULED LESSON TIME.

Please contact the WSTC at 718-268-2300 with questions.

WSTC 2010 Swim Lesson Registration Form

Name: _____ Member Audit #: _____

Phone: _____

eMail: _____ Amount enclosed: _____

Swimmer's Name (one per form): _____ D.O.B. _____

Select Course Level(s): Level 1 ___ Level 2 ___ Level 3 ___ Level 4 ___

Select Session(s): Saturdays ___ Tuesdays ___ Thursdays ___

Club