



Swimming Lessons



Nonmembers: Registration is in person at the WEST SIDE TENNIS CLUB on Sat., May 14, 2011 from 10 – 12 noon and Thurs., May 26, from 6 – 8

Members: May submit a completed registration form to the club prior to May 14.

2011 Swim instructor, Lee Chase, will be available to discuss class level.

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 – 7 weeks
Level 1	9:30 - 10:00am	Saturdays – June 25, July 2, 9, 16, 23 30, Aug. 6 7 Classes <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 28, July 5, 12, 19, 26, Aug. 2 Thursdays – June 30, July 7, 14, 21, 28, Aug. 4, 11 7 Classes <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

Payment by check payable to the West Side Tennis Club

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

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

Cost of Private Lessons for Members only * (1/2 hour session): \$35.00

Cost of SemiPrivate Lessons for Members only * (2 students): \$45.00

Late Registration Fee (after May 26): \$25.00

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

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

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

WSTC 2011 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 ___



Members may submit completed form with check by Saturday, May 14, to West Side Tennis Club

Attn: Swim Lessons, One Tennis Place, Forest Hills, NY 11375 718-268-2300 www.foresthillstennis.com