



DEARBORN HEIGHTS SCHOOL DISTRICT NO. 7 SWIMMING LESSON STUDENT ENROLLMENT FORM

Registration for summer swim lessons at Annapolis High School will be accepted at the Dearborn Heights School District No. 7 Board Office. Enrollments will be accepted from May 13 thru June 12, 2009. Each course will last two weeks and run four days per week. Space will be limited and enrollment will be based upon first come, first served basis.

Times

9:00 – 9:45 a.m.
10:00 – 10:45 a.m.
11:00 – 11:45 a.m.

Session Dates

June 22 – July 2 (two weeks)
July 6 – July 16 (two weeks)
July 20 – July 30 (two weeks)

Classes will be held Monday thru Thursday.

Fees

Resident: \$35.00

Non-Resident: \$40.00

Make checks payable to Dearborn Heights School District No. 7

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Student's Last Name	First Name	Sex	Birth Date	Grade/Building

Street Address	City	Zip Code

Parent/Guardian Contact Information:

Last Name	First Name	Relationship	Home Phone #	Cell Phone #

<u>Times</u>	<u>Level</u> <small>Circle one</small>	<u>Session</u>
<input type="checkbox"/> 9:00 – 9:45 a.m.	1, 2, 3, 4, 5, 6	<input type="checkbox"/> June 22 – July 2
<input type="checkbox"/> 10:00 – 10:45 a.m.	1, 2, 3, 4, 5, 6	<input type="checkbox"/> July 6 – July 16
<input type="checkbox"/> 11:00 – 11:45 a.m.	1, 2, 3, 4, 5, 6	<input type="checkbox"/> July 20 – July 30

Classes offerings may vary depending on enrollment

See reverse for level descriptions >>>>>

SWIMMING LESSON **LEVEL DESCRIPTIONS**



Level 1:

Introduction to Water Skills – (5-6 year olds) Includes basic personal water safety information and skills. Participants learn to feel comfortable in the water and enjoy it safely. Development of positive attitudes, good swimming habits and safe practices in and around the water are the main focus.

Level 2:

Fundamental Aquatic Skills – (6-7 year olds) Participants learn to float without support, how to move arms and legs in the water on the front and back, and additional safety skills.

Level 3:

Stroke Development – (7-9 year olds) Participants learn the survival float, front crawl and elementary backstroke, scissors and dolphin kicks, treading water, beginning diving and safety skills.

Level 4:

Stroke Improvement – (8-10 year olds) Participants' develop confidence in the front crawl and elementary backstroke by swimming further distances. They begin learning the sidestroke, back crawl, breaststroke, butterfly and basics of turning at a wall.

Level 5:

Stroke Refinement – (9-11 year olds) Participants work on the coordination and refinement of the front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke and increase their distances. Flip turns on the front and back are also introduced.

Level 6:

Swimming and Skill Proficiency – (10 year olds and up) Participants refine strokes to swim with more ease, efficiency, power and smoothness over greater distances. Preparation for competitive swimming or diving.