

# 2017 Summer Swim Program

The City of Frederick Parks and Rec, 121 North Bentz Street, Frederick, MD 21701 ~ 301-600-1492 ~ [www.cityoffrederick.com](http://www.cityoffrederick.com)

**American Red Cross certified swimming lessons, preschool and diving classes at the Thomas Pool in Baker Park. Open to ages 3 - 17.**

**Registration begins on March 20, 2017. Register in person, by phone, or by mail.**

**Call 301-600-1492 for more information.**

Class	Age	Session Offered	Time	city	non city
**Preschool  6, 1 week sessions	3 & 4	2.1 - 7/10 to 7/14	11 & 11:45 am	\$25	\$50
		2.2 - 7/17 to 7/21	11 & 11:45 am	\$25	\$50
		3.1 - 7/24 to 7/28	11 & 11:45 am	\$25	\$50
		3.2 - 7/31 to 8/4	11 & 11:45 am	\$25	\$50
		4.1 - 8/7 to 8/11	11 & 11:45 am	\$25	\$50
		4.2 - 8/14 to 8/18	11 & 11:45 am	\$25	\$50
Level I – Intro to Water Skills	5 to 17	1*, 2 & 3	10 & 11am	\$35	\$70
		4	9, 10 & 11 am	\$35	\$70
Level II – Fund Aquatic Skills	5 to 17	1*	10 & 11 am	\$35	\$70
		2, 3 & 4	9, 10 & 11 am	\$35	\$70
Level III – Stroke Development	6 to 17	1*	9 & 11 am	\$35	\$70
		2, 3 & 4	9, 10 & 11 am	\$35	\$70
Level IV – Stroke Improvement \$70	6 to 17	1*, 2, 3 & 4	9 & 10 am	\$35	
Level V – Stroke Refinement	6 to 17	1*, 2 & 3	9 am	\$35	\$70
Level VI – Swimming and Skill Proficiency	6 to 17	1*	9 am	\$35	\$70
**Springboard Diving	6 to 17	3 & 4	11 am	\$35	\$70

\* all Session 1 classes are discounted – No Class on July 4 - \$31 city / \$63 non-city  
\*\* classes are not ARC certified

## Session Dates

### Session 1

6/26 to 7/7

(No class 7/4)

### Session 2

7/10 to 7/21

### Session 3

7/24 to 8/4

### Session 4

8/7 to 8/18



- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back
- Learn how to stay safe, including recognizing an emergency and knowing how to call for help
- Learn how to stay safe in, on and around the water, including the use of a life jacket

#### • Certification Requirements

- Demonstrate competency in all required skills and activities, including in-water skills
- Successfully complete the following exit skills assessment:
  1. Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water.
  2. Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position.

#### Level II – Fundamental Aquatic Skills

• 2 week sessions, M – F, 45 minute class

#### • Learning Objectives

- Enter and exit water by stepping or jumping from the side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action
- Learn how to stay safe, including recognizing an emergency, knowing how to call for help and perform simple non swimming assists
- Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety
- Learn to look carefully before entering the water
- Learn what to think about and do when exhausted or caught in a dangerous situation

#### • Certification Requirements

- Demonstrate competency in all required skills and activities, including in-water skills
- Successfully complete the following exit skills assessment:

#### Notes

- Registration limited to one session/class per individual until May 1. Beginning May 1 multiple session/class registration is permitted.

- Levels I thru VI are American Red Cross certified classes.

- Parents ARE NOT permitted in the pool area during class.

- The Rec. Dept. reserves the right to place children in another level if he/she does not meet the necessary skill requirements.

- No multiple children discount.

#### Preschool Classes

• 1 week sessions, M – F, 30 minute class

• Staff will challenge and stimulate all class participants based upon individual swimming skills

#### Level I – Intro. To Water Skills

• 2 week sessions, M – F, 45 minute class

• Child will not put face in the water & cannot float on back

#### • Learning Objectives

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose and Bobbing
- Open eyes under water and retrieve submerged objects



1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
2. Move into a back float for 5 seconds, roll to front then recover to a vertical position.
3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front

### **Level III – Stroke Development**

• 2 week sessions, M – F, 45 minute class

#### • Learning Objectives

- Enter water by jumping from the side
- Headfirst entries from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke
- Learn to look carefully before entering the water
- Learn to perform simple non swimming assists
- Learn to recognize, prevent and respond to cold water emergencies

#### • Certification Requirements

- Demonstrate competency in all required skills and activities, including in-water skills
- Successfully complete the following exit skills assessment:
  1. Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

### **Level IV – Stroke Improvement**

• 2 week sessions, M – F, 45 minute class

#### • Learning Objectives

- Headfirst entries from the side in compact and stride positions
- Swim under water
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back
- Learn to look carefully before entering the water
- Learn what to think about and do when exhausted or caught in a dangerous situation

- Learn to perform simple non swimming assists
- Learn about recreational water illnesses and how to prevent them

#### • Certification Requirements

- Demonstrate competency in all required skills and activities, including in-water skills
- Successfully complete the following exit skills assessment:
  1. Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
  2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

### **Level V – Stroke Refinement**

• 2 week sessions, M – F, 45 minute class

#### • Learning Objectives

- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling
- Learn to look carefully before entering the water
- Learn what to think about and do when exhausted or caught in a dangerous situation
- Learn to perform simple non swimming assists
- Learn about recreational water illnesses and how to prevent them
- Learn how to call for help and the importance of knowing first aid and CPR
- Learn basic safety guidelines for participating in aquatic activities at waterparks

#### • Certification Requirements

- Demonstrate competency in all required skills and activities, including in-water skills
- Successfully complete the following exit skills assessment:
  1. Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards.
  2. Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.

### **Level VI – Swimming & Skill Proficiency – Personal Water Safety**

• 2 week sessions, M – F, 45 minute class

#### • Learning Objectives

- Increase endurance while performing the following strokes:

- Front crawl–100 yards
- Back crawl–100 yards
- Butterfly–50 yards
- Elementary backstroke–50 yards
- Breaststroke–50 yards
- Sidestroke–50 yards

- Demonstrate the following turns while swimming:

- Front crawl open turn
- Backstroke open turn
- Sidestroke turn
- Front flip turn
- Backstroke flip
- Butterfly Turn
- Breaststroke Turn

- Tread water, kicking only, in deep water (2 minutes)
- Demonstrate a feet-first surface dive and retrieve and object from a depth of 7 feet
- Demonstrate the HELP position (2 minutes)
- Demonstrate the huddle position (2 minutes)
- Demonstrate a survival float in deep water (5 minutes)
- Demonstrate a back float in deep water (5 minutes)
- Demonstrate survival swimming (10 minutes)
- Swim while clothed, using any type of stroke if time permits
- Demonstrate self-self-rescue techniques while clothed if time permits
- Discuss basic safety rules for open water environment and boating

#### • Certification Requirements

- Demonstrate competency in all required skills and activities, including in-water skills
- Successfully complete the following exit skills assessment:
  1. Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
  2. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.
  3. Swim 20 yards, perform a feet first surface dive, retrieve an object from the bottom of the pool at a depth of 7-10 feet, return to the surface and swim 20 yards back to the starting point.

### **Springboard Diving**

- Open to divers of all levels
- Child must be able to display basic knowledge of swimming skills in order to register

***The City of Frederick Parks & Recreation Department***  
***PROGRAM REGISTRATION FORM***

Class Participant  
 Name \_\_\_\_\_ D.O.B. \_\_\_\_\_ Gender: M / F

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Phone (H) \_\_\_\_\_ (Cell) \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

<b>Program/Class Name</b>	<b>Date &amp; Time</b>	<b>Fee</b>

**Total Amount \$** \_\_\_\_\_

Place in Drop Box or mail completed form and check/credit card information to:  
 City Parks and Rec, 121 North Bentz Street, Frederick, MD, 21701, c/o Class Registration *(checks made payable to "City of Frederick")*

Credit Card Information:

Card Holder Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Visa  Master Card Account Number: \_\_\_\_\_ 3 Digit V code: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

**Authorization for use of Photographic likeness: I agree to allow the City of Frederick Recreation Department to take and utilize photos, slides and video images of the above registered individual(s) for the purpose of promotion and publicizing of the Department's programs. IF I prefer to not allow the above registered individual(s) to be photographed, I will call the Recreation Department at 301-600-1492 to inform them of this request.**

\_\_\_\_\_  
 (Parent / Guardian's signature if participant is under 18 years of age)

\_\_\_\_\_  
 Date