



**2009 Spring
Learn-to-Swim Program
&
Stroke Clinic**

- Taught by the Kutztown University swim team
- Small class sizes and individual attention
- Supervised by assistant coach, Erin Goodhart



For further information contact:
Erin Goodhart at 610-683-4359

E-mail: Goodhart@kutztown.edu

2009 Registration Form

Swimmer's Name: _____

Address: _____

City/State: _____

Zip: _____ Swimmer's Age _____

Home Phone: _____

Parent's Name: _____

Previous Swimming Experience (please indicate the level beginner, intermediate, advanced or stroke clinic that your child will be taking)

Check SESSION and TIME you plan to attend

(Sessions are filled first come, first serve basis)

After School Lessons

Session I March 16– March 26, 2009

____ Group I Mon-Thursday 4:00-4:45pm

____ Group II Mon– Thurs 4:45-5:30pm

Session II March 30– April 9, 2009

____ Group I Mon– Thursday 4:00-4:45pm

____ Group II Mon– Thurs 4:45-5:30pm

Session III April 13– May 23, 2009

____ Group I Monday– Thursday 4:00-4:45pm

____ Group II Mon– Thursday 4:45-5:30pm

SAT ONLY SESSION/STROKE CLINIC

March 21– April 26, 2009

____ Lessons 1 9:00-9:45am

____ Lessons 2 9:45-10:30am

____ Stroke Clinic 10-11:30am

Please note if there is not enough interest the stroke clinic will be canceled

The Lessons

Learn-to-Swim lessons emphasize a progressive step-by-step approach to teaching your child to swim and breathe correctly and safely. Swimming instructors teach each swimmer one-on-one and are supervised assistant coach, Erin Goodhart. Children are grouped by ability and teachers work with a maximum of six students. Swimming is not a natural skill for most people, and learning to swim will take some time, practice and confidence.

The Ages

Learn-to-swim lessons are offered to ages three and older. Advanced levels will be arranged according to ability and the extent of stroke knowledge of each student.

The Philosophy

Safety is our first priority. We run a safe program that will teach your child how to swim correctly. We move at a pace that builds children's confidence in their particular skills. Ability and progress of each child is being constantly monitored to help bring them along according to their own level. All of the class time is spent on instruction and skill progression.

The Cost

The cost for weekly lessons is \$105.00 per child per session. If you register an additional family member you can receive a \$15.00 discount for each additional child. Registration can be mailed to:

Swimming Office—Swimming lessons
Keystone Hall 116

Kutztown, PA 19530

Please make all checks out to **Kutztown University Swimming**

The Sessions

- Two week sessions. You receive eight 45 minute lessons. Lessons run from March 16 through April 23rd.
- Group I offered Monday through Thursday from 4:00-4:45pm
- Group II offered from 4:45-5:30pm
- **Stroke Clinic SAT only designed for competitive swimmers only. Sessions begin March 21 and run through April 25 from 10-11:30am**
- Sat only lessons will run from March 21-April 25 from 9:00-9:45 or 9:45-10:30am. **The cost of these lessons is \$90.00 per child and \$5.00 off the second child. You will only receive six 45 minute lessons with this option.**

Phases of Development

Beginner: Ages 3 and older: overcoming the fear of water, front float, back float, kicking on board, Beginning the freestyle and backstroke. We only allow one child in the water at a time.

Intermediate & Pre-competitive level: Freestyle rhythmic breathing, backstroke, treading water, front dive working to swim one length of the pool.

Advanced: This level is for accomplished swimmers who can swim freestyle with correct rhythmic breathing and backstroke at least 25 yards. Will work on breaststroke and butterfly, flip turns and building endurance.

Stroke Clinic

Stroke Clinic is designed for competitive age-group swimmers. Each child must be able to swim 25 yards of Freestyle, Backstroke, Breaststroke and Butterfly. We will break the clinic into groups of varying ability to work on the fundamentals and techniques of all four strokes.

Each week we will focus on a specific stroke. Every session will conclude with 15 minutes of start, turn and finish drills. The hour and a half sessions will include aerobic conditioning, which will prepare the children for summer swimming.

We ask that each child bring the following:

**Fins
Kickboard
Cap
Goggles**



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| | For further information contact: Erin Goodhart at 610-683-4359 |
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