

New Lebanon Continuing Ed. Saturday Swimming Lessons

Jan 6th – Feb 10th
Mar 3rd & 10th

Lessons
Taught by ARC
Instructors

Benefits Include:
Fitness, Social
Skills, Life Skills,
Safety...

AND IT'S
FUN!

Register by
December 20th

PLEASE Send the
Completed Registration
form and payment TO

New Lebanon Continuing Ed.
New Lebanon Jr./Sr. High
14665 Rt. 22
New Lebanon, NY 12125
Attn: Tim Christiansen

**STRONG SWIMMERS
CONFIDENT KIDS**



New Lebanon Continuing Ed. Group Swim Lesson

Registration

Child's Name: _____ Age/Level/Time: _____

Child's Name: _____ Age/Level/Time: _____

Child's Name: _____ Age/Level/Time: _____

Contact Information: Parent's/Guardian's Name: _____

Email- _____

Home/Cell Phone- _____ Work Phone- _____

Select From Group Level Classifications Below:

Level: Parent & Child class Suggested Ages: 6-36 Months Time: 11:00-11:45 Lindsey

Parents are given guidance on how to develop their children's abilities and how to protect their children from harm in, on, and around the water; children are given the chance to explore a new environment and to build skills that add to their self-confidence. Both benefit from taking part in an experience that lets them learn and have fun together in the water.

Level: Pre-School Suggested Ages: 4 - 6 Time: 10:00 -10:45 Hope

Prerequisites: No prerequisites. Unable to do the level 1 skills. 11:00-11:45 Hope

Level: 1 Suggested Ages: 4 - 7 Time: 9:00 - 9:45 Hope

Prerequisites: Put face in water, stay attentive. 11:00-11:45 Zack

For children who are taking lessons for the first time or who need to build confidence in the water.

Level: 2 Suggested Ages: 5 - 8 Time: 9:00 - 9:45 Lindsey

Prerequisites: Confidence in shallow water, go underwater, float & kick without assistance. 10:00-10:45 Lindsey

Level: 3 Suggested Ages: 6 - 11 Time: 10:00-10:45 Zack

Prerequisites: Basic Front and Back-Crawls, float in deep water without assistance.

Level: 4 Suggested Ages: 6 - 11 Time: 9:00-9:45 Zack

Prerequisites: Crawl stroke with side-breathing & Back-Crawl for 10 yards, the Kneeling-Dive, and swim in deep water.

Cost per child is \$40. For families with multiple children: the first child is \$40 all additional children are \$30. Please send completed forms and payment by December 20th to:

**New Lebanon Continuing Ed.
New Lebanon Jr./Sr. High School
14665 Rt. 22**

**New Lebanon, NY 12125
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Forms may be dropped off at the WBH or Jr./Sr. High School Main Office as well.

Parent/Guardian Signature: _____ Date: _____