**ECSC Community Swim Lessons   
Outdoor Summer Swim Lessons**

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Summer 2012

**Policies and Procedures**  
  
PLEASE REFER TO THE POLICES POSTED ON WEBSITE BEFORE REGISTERING FOR CLASSES and   
[Swimming Lessons 101](http://www.emorycommunityswimming.com/swimming_lessons_101.pdf): a beginner's guide to swimming lessons at Emory

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| **Class Designations** | **Session Dates** |
| **A** – meets M & W for entire session.  **B** – meets T & TH for entire session  **C** – meets M thru TH for 1st 2 weeks of session.  **D** – meets M thru TH for 2nd 2 weeks of session.  **E** - meets Sat for entire session **F** - meets Sun for entire session \*\***E & F** are 4 class sessions  **G** - meets Sat and Sun for entire session | **Session Dates** Session 1 – May 21-June 1\*\*  Session 2 – June 4-July1 Session 3 – July 9-August 5  \*\* 4 Class Session for Option A & B.  8 Class Session for Options C.  Options E & F (weekend classes) are not available for Session 1 |
| **Class Times** Classes are offered at **4:15**, **5:00**, **5:45**, and **6:30pm**on M-Thand **10:00** or **10:45am** on Sat. and Sun. (weekend classes are only offered for sessions 2 and 3 | |

**General Information**  
Classes are scheduled for 30 minutes.  Each session contains either 4 or 8 classes, based on the Class Designation you choose.   
  
Class Designations A & B will meet twice a week for four weeks to get in the 8 lessons.   
Class Designations C & D will meet four times a week for two weeks to get in the 8 lessons. Class Designation C meets the 1st half of each session & D meets the 2nd half of each session.   
Class Designations E & F meet once a week for the four weeks – only 4 lessons.    
Class Designation G meets twice a week for the four weeks to get in the 8 lessons.  
  
Please note that we will take a week off between Sessions 2 and 3 (week of July 4th Holiday).   
  
Session 1 will be a half session and will contain only 4 x 30 minute lessons for Options A and B. The cost of that session for A and B is half the cost of a full session. Option C will still exist for Session 1 and the cost remains a full 8 class session. There are no E, F & G weekend options for session 1.  
  
**Group Descriptions**

**SEAHORSES**

(Infants and Toddlers 6 mos. – 36 mos.) Classes are for both parent and child. Lessons will focus on water

adjustment, kicking motion and strength, floating, breath holding and submersion, blowing bubbles and an

introduction to water safety skills.

**STARFISH**

(2.5 years – 6 years) Beginning swimmers. A beginning swimmer is a child who needs assistance in the water.

Lessons will focus on rhythmic breathing, front and back floating, introduction to front and back swimming,

and water safety. No ability requirement.

See main page on website for list of benchmark skills.

**TADPOLES**

**(**3 years – 8 years) Advanced beginners. Beginning swimmers who still need some assistance in the water and

who can swim a minimum of 10 yards of the pool unassisted, but are still learning to master the fundamentals

of freestyle and backstroke. Lessons will develop freestyle and backstroke and focus on side breathing, body

position, kicking strength, head first diving and water safety.

See main page on website for list ofbenchmark skills.

**GUPPIES**

**(**4 years – 8 years+) New swimmers. Beginning swimmers who DO NOT need assistance in the water and can

swim a length of the pool unassisted, but are still learning to master the fundamentals of freestyle and

backstroke. Lessons will develop freestyle and backstroke and focus on side breathing, body position, kicking

strength, head first diving, an introduction to breaststroke and butterfly, and water safety.

See main pageon website for list of benchmark skills.

**SEALS**

(5 years and older) Intermediate to advanced swimmers. Seals are swimmers who, at a minimum, are

proficient in freestyle and backstroke and can swim at least one length of the pool freestyle and backstroke

without stopping. Lessons will focus on the development of all 4 competitive strokes (freestyle, backstroke,

breaststroke, and butterfly), diving, turns, finishes and water safety.

See main page on website for list ofbenchmark skills.

**PAYMENT INFORMATION:**  
Non-SAAC Members: $95.00 per 8-Class Session ($47.50 for 4-Class Session)   
SAAC Facility Members: $85.00 per 8-Class Session ($42.50 for 4-Class Session)   
  
**QUESTIONS??**   
[**jphowel@emory.edu**](javascript:popup_imp('/horde/imp/compose.php',700,650,'to=emorycommunityswimclub%40gmail.com');)   
Jon – 404‐727‐4081 or Cindy – 404‐727‐2617

**2012 Emory Community Swimming Summer Lessons**

Please Complete/Print & Submit This Page With Payment To:

            Emory Community Swimming – Jon Howell

            26 Eagle Row, Woodruff PE Center

            Atlanta, GA 30322

**Parents’ Names**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Street Address:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**City:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**State:**\_\_\_\_\_ **Zip:**\_\_\_\_\_\_\_\_\_\_

**Phone Numbers:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Email address:**\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Child’s Name**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ age: \_\_\_\_\_\_\_\_\_\_\_\_

I. Select Session: \_\_ Session I \_\_\_Session II \_\_\_Session III

II. Select Class Designation (A, B, C, D, E, F or G): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

III. Rank Time Preferences (Please don’t list a time you can’t attend):

1.\_\_\_\_\_\_\_\_\_\_\_\_ 2.\_\_\_\_\_\_\_\_\_\_\_\_ 3.\_\_\_\_\_\_\_\_\_\_\_\_

IV. Select Group: \_\_\_ Seahorses \_\_\_\_ Starfish \_\_\_\_Tadpoles \_\_\_\_Guppies \_\_\_\_Seals

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IV. Select Group: \_\_\_ Seahorses \_\_\_\_ Starfish \_\_\_\_Tadpoles \_\_\_\_Guppies \_\_\_\_Seals