



LEARN TO SWIM

\$50.00 for the first student • \$5.00 off each additional child

2 Week Sessions*

30 minute classes Mon-Thurs

Please select a session and class time.

*You may only sign up for one (1) session at a time. At the completion of session, you may register for the next session.

Session 1 June 5 - June 15

10:10 - 10:40 AM

Session 2 June 19 - June 29

10:45 - 11:15 AM

Session 3 July 10 - July 20

11:20 - 11:50 AM

Participant Swim Level: _____

Participant Name: _____

Parent / Guardian Name: _____

Phone #: _____

Emergency Contact: _____

Phone #: _____

Email Address: _____

Mailing Address: _____

City: _____ State: _____ Zip Code: _____

Medical Information: Does your participant have any medical/behavioral condition that the instructor should be aware of? Yes No

If yes, please explain: _____

NOTE: Make-up classes will be scheduled on Fridays from 10:10 AM - 11:50 AM, this only pertains if there is bad weather and classes are cancelled. NO REFUNDS!

Staff Member Taking Application _____

Amount Paid _____ Check # _____ Cash _____ Credit Card _____

Aquatics Lead _____ Date _____

Learn to Swim

Chino Valley's Learn to Swim program provides youth ages 3 to 15 with four levels of swim instruction. Levels are mandated by the American Red Cross and are taught by our Swim Lesson Instructors. All four levels are offered during each of the three sessions. Classes are 30 minutes long. Sessions are two weeks each, Monday-Thursday with Friday reserved as a makeup day in case of inclement weather.

2023 Sessions

Session 1	June 5 - June 15
Session 2	June 19 - June 29
Session 3	July 10 - July 20

Learn to Swim Registration

Registration for our Learn to Swim program begins on the opening day of our pool season. Please complete a separate registration form for each child and for each specific session. **Parents may only register their child for one session and time slot.** Fees are due at time of registration. Phone-in registrations are not accepted, please come into the Chino Valley Aquatic Center to register. **Parents determine which level to place their child in by reading the descriptions on the following page.** Student level may be adjusted if deemed necessary by the instructor.
No Refunds.

Level 1 - Introduction to Water Skills

Your child is introduced to basic skills as the foundation for future skills and the development of water competency. The milestones necessary for successful completion of Level 1 include: entering the water independently using the ramp, steps, or side; traveling at least 5 yards, bobbing 5 times and then safely exiting the water; opening eyes under water and retrieving a submerged object; gliding on front and back with assistance; recovering to a vertical position with assistance; combined arm and leg actions on front and back with assistance. It is common for children to participate in several sessions of Level 1 before they successfully demonstrate each skill. That is okay! It is not important how quickly they move through a level, but that they acquire each skill.

Level 2 - Fundamental Aquatic Skills

This class builds on skills learned in Level 1. Children begin to perform skills at a slightly more advanced level and begin to gain rudimentary propulsive skills on both front and back. This level marks the beginning of independent aquatic locomotion skills. Some of the milestones necessary for successful completion of Level 2 include: stepping from the side into chest-deep water; fully submerging and holding breath; pushing off the bottom, moving into a treading or floating position for 15 seconds, swimming on front and/or back for 5 body lengths and then exiting the water; moving into a back float for 15 seconds, rolling to front and then recovering to a vertical position; pushing off and swimming using combined arm and leg actions on front for 5 body lengths, rolling to back, floating for 15 seconds, rolling to the front and then continue swimming for 5 body lengths.

Level 3 - Stroke Development

New swimming and water safety skills are introduced while swimmers build on previously learned skills. Children often learn to swim the front crawl and elementary backstroke at rudimentary levels, are introduced to the scissors and dolphin kicks, learn the survival float and increase the time duration for treading water. Children also learn the rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside (if the water is 9 feet deep or deeper).

Level 4 - Stroke Improvement

New swimming and water safety skills learned and previously learned skills emphasized, improving the swimming stroke proficiency and swimming for longer distances. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim. Some of the milestones in Level 4 include: swimming the front crawl for 25 yards; swimming the elementary backstroke for 25 yards; swimming the breaststroke for 15 yards; swimming the butterfly for 15 yards; swimming the back crawl for 15 yards; swimming the sidestroke for 15 yards; headfirst entry from a stride position in deep water; open turns on the front and back.