



CARDINAL HILL GROUP SWIM LESSONS - 2019

A developmental program designed to help children ages 3+ become more comfortable in the water and learn swimming skills.

Session 1 Tuesday, June 18 - Friday, June 28 * Evaluations will be held Mon 6/17 *	Session 2 Monday, July 1 - Friday, July 12 * Evaluations will be held Mon 7/1 *	Session 3 Monday, July 15 - Thurs, July 25 * Evaluations will be held Mon 7/15 *
10:30 - 11:00 AM	10:30 - 11:00 AM	10:30 - 11:00 AM

The **Cardinal Hill Group Swim Lesson Program** is designed to help your child enjoy the water and stay safe. All lessons are taught by trained instructors. All sessions last for 2 weeks and include nine 30-minute classes.

LESSON DATES & TIMES

Refer to the session dates and times at the top of this page. Barring rain-outs, all Sessions will consist of **9 lessons**, with **no make-up dates** scheduled. On Thursday, **July 4**, **no lessons** will be taught. On Friday, **July 26**, a **Mini-Meet** will take place at 10 AM for swimmers who participated in any of the 3 sessions.

PRICING

Each 2-week session will cost **\$65**.

Swimmers must register for a full 2-week session.

NO REFUNDS will be issued for missed classes.

REGISTRATION

Registration and payment for all sessions of swim lessons **MUST** be done via the "Swim Lesson Program" page on the Cardinal Hill Swim and Racquet Club website.

Registration for ALL sessions opens on Monday, May 13.

Please direct all questions regarding registration to Kristen Lewis at kristennlewis@yahoo.com.

LEVELS OF INSTRUCTION

Please register your swimmer for the level of instruction that you feel best fits your swimmer. Please note that instructors will be evaluating your swimmers to determine final placement

Session 1 evaluations will be held on **June 17** according to the following schedule: (arrive 5 min prior to start)

9 AM - Lev 4 | 9:15 - Lev 3 | 9:30 - Lev 2 | 9:45 - Lev 1

Session 2 and 3 evaluations will take place on the **1st day of each session**. Please arrive 15 minutes early.

LEVEL 1 - PRE-BEGINNER -

Approximate Instructor - Swimmer Ratio 1:3

Introduces safety, bobbing up and down, submerging face under water and blowing bubbles with mouth, arm motion, kicking, and floating on front and back. Swimmers are not expected to have any prior swimming experience.

LEVEL 2 - BEGINNER -

Approximate Instructor - Swimmer Ratio 1:3

Focuses on submerging and holding breath for 3-5 seconds, blowing bubbles through nose, retrieving submerged objects, unassisted floating and gliding, flutter kick on front and back, jumping into chest-deep water, simultaneous and alternate arm/leg movement while swimming on front and back for minimum of 5 yards.

LEVEL 3 - INTERMEDIATE -

Approximate Instructor - Swimmer Ratio 1:4

Focuses on front crawl stroke with breathing, beginner backstroke, underwater swimming using breaststroke arms, retrieving multiple submerged objects, jumping into head-deep water and surfacing unassisted, and diving into pool from kneeling position

LEVEL 4 - ADVANCED - ("Mini-Cardinals")

Approximate Instructor - Swimmer Ratio 1:5

Focuses on standing front dive, front crawl with rhythmic side breathing across the pool, proper backstroke across the pool, and beginning to tread in deep water.

A FEW REMINDERS...

- ✓ Swim goggles are recommended but not required.
- ✓ Parents/guardians should drop off swimmers with the instructors at the beginning of each lesson.
- ✓ Parent/guardians should remain at the pool but should not interfere nor hover during instruction.
- ✓ See our "FAQ Sheet" on the Swim Lesson page of the Cardinal Hill website for additional information.