

## REGISTRATION FOR SWIMMING LESSONS MAPLE LAKE: JUNE 30 - JULY 23, 2009

Children are to be supervised by a parent or responsible adult even during lessons. Lessons will be held between 12:30 AM and 5:00 PM week days. We will post class times in the Town Hall office the week before lessons start. Please have your forms in by June 15th in order to insure balanced class sizes.

STUDENT NAME	AGE	CLASS
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

MEDICAL CONDITIONS: \_\_\_\_\_  
\_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ RESPONSIBLE ADULT: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

Mail forms to: Tom Land, PO Box 305, Washington Grove, MD 20880, or  
Drop off forms at: 313 Brown Street  
Questions: Tom Land - (301) 869-4334

### Recommended Skills for Swimming Placement

**Level 1: Goldfish**

- ◆ Only needs to be willing to stand in the water, we'll work on the rest ☺

**Level 2: Starfish**

Should:

- ◆ be comfortable with their face in the water
- ◆ know a basic kick
- ◆ float on stomach unassisted

**Level 3: Sting Rays**

Should:

- ◆ float on stomach and back unassisted
- ◆ swim at least 10 yards unassisted
- ◆ know the basic arm motions for the front & back
- ◆ crawl and elementary backstroke
- ◆ be willing to try swimming in deeper water

**Level 4: Dolphins**

Should:

- ◆ be comfortable in deep water
- ◆ be able to swim front and back crawl from the dock to the rope
- ◆ know how to pick up objects from the bottom (using goggles is OK)
- ◆ be able to jump in the water from the dock

**Level 5: Sharks**

Should:

- ◆ be comfortable swimming multiple times from the dock to the rope
- ◆ know front & back crawl, elementary backstroke & have been introduced to breast & side stroke
- ◆ know diving basics