

# SWIMMING INSTRUCTION (AGES 5- 16)

Director- Nicole Segnit, W.S.I.

All participants of Charles J. Cook Pool swim lessons, regardless of age, will REQUIRE a Town of Cortlandt Recreation Photo ID Card (Free of charge with purchase of swim lesson; ID Card will be valid for 3 years).

If the child already possesses a valid ID card, you may register for swim lessons online at [www.townofcortlandt.com/reonline](http://www.townofcortlandt.com/reonline).

If the child does not yet possess an ID Card, parents/ guardians must follow the instructions on pages 14&15 ("Town of Cortlandt Recreation Photo ID Cards, Charles J. Cook Pool Season Passes, and Hollow Brook Season Passes") to acquire one before the swim lesson registration can be completed. **In order to get the FREE Town of Cortlandt Recreation Photo ID Card, the Photo ID Card registration and swim lesson registration MUST BE DONE AT THE SAME TIME/ REQUESTED IN THE SAME EMAIL.**

If you choose to complete a hard copy registration form, please be sure to put the **Course Number, Session, Swim Level Number** and your **1st and 2nd choice** for time slots on the Youth Swim Instruction Registration Form (Found in the back of this brochure). PLEASE NOTE: Due to the popularity of our programming, and accessibility of online registration, mailing in your registration may result in waitlist.

**NO ONLINE SWIM LESSON REGISTRATION AFTER THURSDAY, JUNE 27TH. After this point, all swim lesson registration will be taken at the pool (June 26th- July19th, 10:00 AM to 4:30 PM, Monday- Friday).**

## Level 1- Introduction to Water Skills

Helps participants feel comfortable in the water.

- Enter and exit water using ladder steps and side
- Blow bubbles thru mouth & nose
- Bobbing
- Open eyes under water & retrieve submerged objects
- Front & back glides & floats
- Recover to vertical position
- Roll from front to back to front
- Tread water using arm & hand actions
- Alternating & simultaneous leg actions on front & back
- Alternating & simultaneous arm actions on front & back
- Combined arm & leg actions on front & back

## Level 2- Fundamental Aquatic Skills

Gives participants success with fundamental skills.

- Enter & exit water by stepping or jumping from the side
- Fully submerge & hold breath
- Bobbing
- Open eyes under water & retrieve submerged object
- Front, jellyfish & tuck floats
- Front & back glides & floats
- Recover to vertical position
- Roll from front to back & back to front
- Change direction of travel while swimming on front or back
- Tread water using arm & leg actions on front & back
- Combined arm & leg actions on front & back
- Finning arm action

## Level 3- Stroke Development

Builds on the skills in Level 2 thru additional guided practice in deeper water.

- Enter water by jumping from the side
- Headfirst entries from the side in sitting & kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival Float
- Back Float
- Change from vertical to horizontal position on front & back
- Tread water
- Flutter, scissor, dolphin & breaststroke kicks on front
- Front crawl & elementary backstroke

## Level 4- Stroke Improvement

Develops confidence in the skills learned and improves other aquatic skills.

- Headfirst entries from the side in compact and stride Positions
- Swim under water
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, Breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back

## Level 5- Stroke Refinement

Provides further coordination and refinement of strokes.

- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, Breaststroke, sidestroke and butterfly Sculling

<b>Location:</b>	Charles J. Cook Pool		
<b>Course Number:</b>	510	10:00 AM- 10:40 AM	(Level 1, 2, 3)
	520	10:45 AM- 11:25 AM	(Level 2, 3, 4)
	540	3:40 PM- 4:20 PM	(Level 1, 2, 3, 4, 5)
	550	4:30 PM- 5:10 PM	(Level 1, 2, 3, 4, 5)
<b>Session Number/ Dates:</b>	1U	July 1- July 11	7 sessions
		(No Classes Thursday, 7/4)	
	2U	July 15- July 25	8 sessions
	3U	July 29- August 8	8 sessions
<b>Days:</b>	Monday- Thursday (Fridays will be used as rain dates) Three, two week sessions		
<b>Fee:</b>	\$85 with Charles J. Cook Pool Season Pass		
	\$180 without Charles J. Cook Pool Season Pass		

**\*Swim Group Level is available at listed times ONLY and on a limited basis (1:6 staff to swimmer ratio)**

A MINIMUM ENROLLMENT is NEEDED to RUN scheduled CLASSES.

Inclement Weather Policy:

During inclement weather with thunder and/or lightning, all swimmers must evacuate the water for a minimum of thirty minutes. Two rain dates have been built into the program session (Fridays), if the two rain dates are used, a credit for the missed classes will be issued.

**All Pre- School and Tiny Tot Swim Lessons take place at Charles J. Cook Pool  
293 Furnace Dock Road, Cortlandt Manor, NY 10567**

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\*In order to qualify for the lower rate, participants ages four (4) and up must possess their own Season Pass. If the participant is three (3) or under, the parent or guardian must possess a season pass. Family season passes may also apply.\*

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### **PRE-SCHOOL SWIM**

#### **(AGES 3 & 4 YEARS AS OF 7/1/24)**

**Nicole Segnit, WSI, Director**

This class will provide a transition for children to prepare them for a group lesson in Swim Level A. Parental participation in the water IS REQUIRED This is not a class for children afraid of the water.

**Course Number:** 201-1U  
**Days/ Dates:** Monday & Wednesday,  
(Fridays will be used as rain dates)  
Starting Date: July 1 (6 Sessions)  
**Time:** 3:40 PM- 4:20 PM  
**Fee:** \$70 per child with Season Pass/  
\$105 without Season Pass

**Course Number:** 201-2U  
**Days/ Dates:** Monday & Wednesday,  
Starting Date: July 1 (6 Sessions)  
(Fridays will be used as rain dates)  
**Time:** 4:30 PM- 5:10 PM  
**Fee:** \$70 per child with Season Pass/  
\$105 without Season Pass

**Course Number:** 201-3U  
**Days/ Dates:** Monday & Wednesday,  
Starting Date: July 22 (6 Sessions)  
(Fridays will be used as rain dates)  
**Time:** 3:40 PM- 4:20 PM  
**Fee:** \$70 per child with Season Pass/  
\$105 without Season Pass

**Course Number:** 201-4U  
**Days/ Dates:** Monday & Wednesday,  
Starting Date: July 22 (6 Sessions)  
(Fridays will be used as rain dates)  
**Time:** 4:30 PM- 5:10 PM  
**Fee:** \$70 per child with Season Pass/  
\$105 without Season Pass

### **TINY TOT SWIMMING**

#### **(AGES 6 MONTHS- 3 YEARS AS OF 7/1/24)**

**Nicole Segnit, WSI, Director**

An introduction to the fundamentals of swimming. Water adjustment, building confidence and comfort in the water. A parent will be expected to participate in the water. Tight fitting RUBBER PANTS or a SWIM DIAPER must be worn in the water.

**Course Number:** 202-1U  
**Days/ Dates:** Tuesday & Thursday,  
Starting Date: July 2 (5 Sessions)  
(Fridays will be used as rain dates)  
**Time:** 3:40 PM- 4:20 PM  
**Fee:** \$70 per child with Season Pass/  
\$105 without Season Pass  
\*No class 7/4

**Course Number:** 202-2U  
**Days/ Dates:** Tuesday & Thursday  
Starting Date: July 2 (5 Sessions)  
(Fridays will be used as rain dates)  
**Time:** 4:30 PM- 5:10 PM  
**Fee:** \$70 per child with Season Pass/  
\$105 without Season Pass  
\*No class 7/4

**Course Number:** 202-3U  
**Days/ Dates:** Tuesday & Thursday  
Starting Date: July 23 (6 Sessions)  
(Fridays will be used as rain dates)  
**Time:** 3:40 PM- 4:20 PM  
**Fee:** \$70 per child with Season Pass/  
\$105 without Season Pass

**Course Number:** 202-4U  
**Days/ Dates:** Tuesday & Thursday  
Starting Date: July 23 (6 Sessions)  
(Fridays will be used as rain dates)  
**Time:** 4:30 PM- 5:10 PM  
**Fee:** \$70 per child with Season Pass/  
\$105 without Season Pass