

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.

If the child does not yet possess an ID Card, parents/ guardians must follow the instructions on page _____ ("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 completed 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 26TH. After this point, all swim lesson registration will be taken at the directly at the pool, 10:00 AM-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 through 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

Location:	Charles J. Cook Pool		
Course Number:	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)
Session Number/ Dates:	1U	June 30- July 10	8 sessions
		(No rain date Friday, 7/4)	
	2U	July 14- July 24	8 sessions
Days:	3U	July 28- August 7	8 sessions
	Monday- Thursday (Fridays will be used as rain dates) Three, two week sessions		
Fee:	\$90 with Charles J. Cook Pool Season Pass		
	\$185 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.