

# SWIM PROGRAMS

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Casperkill offers American Red Cross swimming lessons taught by the Casperkill Swim Staff. You do not need to be a member or be registered in camp to participate in swim lessons. **Swim classes** run in **two (2) week sessions** and may not be split up. **Personalized Swim Instruction** runs in **one (1) week sessions**. Children who are participating in camp may enroll in swim lessons and transportation to and from their camps will be provided. Please refer to each camp listing for any restrictions on swim lessons.

## **Personalized Swim Instruction**

Casperkill offers one-on-one swim instruction taught by the Casperkill swim staff. This program is designed to give each child 100% attention, with tailored lessons to fit the individual's needs. Classes are 30 minutes in length and start promptly. There will be no reimbursement for classes or make-up days for classes canceled due to inclement weather. Classes will be held unless there are severe weather conditions that could prove dangerous.

\*Please refer to the **Important Registration and Parent Information** starting on page 33 & chart on page 47.

**NOTE:** A waiver and release statement is to be signed for each child on the first day of class. Please let the swim instructor or camp counselor know if your child needs to be transported to and/ or from camp.

### **Offered:**

Weeks # 2 - #7 ☞ July 6 – August 14 ☞ Monday – Friday  
One Week Sessions ☞ 30 Minutes each  
**See chart on page 47 for times**  
**Afternoon sessions will be during public swim time**  
Ages 5 and up



**Member: \$115 per 1 wk session ◆ Non-Member: \$125 per 1 wk session**

## **Swim Lessons**

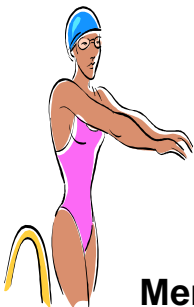
Swim certification cards and/or report cards will be awarded at the completion of each 2 week class. Please select your child's swim level carefully. Participants may be moved up or down a class level as swimming ability dictates. Participants will not be moved to another level if that class size is too large. Our Pre-School through Level 4 has an 8 to 1 ratio, child to instructor and Levels 5 – 6 has a 10 to 1 ratio. Ratios may vary slightly from class to class. There will be no reimbursement for classes or make-up days for classes canceled due to inclement weather. Classes will be held unless there are severe weather conditions that could prove dangerous.

\*Please refer to the **Important Registration and Parent Information** starting on page 33 & chart on page 47.

**NOTE:** A waiver and release statement is to be signed for each child on the first day of class. Please let the swim instructor or camp counselor know if your child needs to be transported to and/ or from camp.

### **Offered:**

Weeks # 2 - #7 ☞ July 6 – August 14  
Monday – Friday ☞ Two Week Sessions ☞ 30 minutes each  
**See chart on page 47 for times and the next page for class descriptions**  
Ages 3 and up



**Member: \$75 per 2 wk session ◆ Non-Member: \$85 per 2 wk session**

# SWIM CLASS LEVELS

## PRE-SCHOOL LEVEL

Front and back float, flutter kick on front and back, blowing bubbles, going underwater, jumping into the water, simultaneous arm and leg movement on swimmer's front and back. **A parent or adult is required to participate with the child in the pool.**

## LEVEL 1 – Introduction to Water Skills

Front and back float, front and back flutter kick, blowing bubbles, going underwater, jumping into the water, simultaneous arm and leg movement with the swimmer's body in a horizontal position on the surface of the water while the swimmer's face is in the water, simultaneous arm and leg movement while swimmer is on his/her back.

## LEVEL 2 – Fundamental Aquatic Skills

Streamline kick, front crawl with face in the water and chin tucked, begin learning front crawl with breathing to the side, flutter kick and arm movement on back, begin learning back crawl, float on front and back, jump into the water, retrieve an object from the bottom of the pool, roll from front to back and back to front.

## LEVEL 3 – Stroke Development

Streamline kick, front crawl with breathing to the side, back crawl, diving, treading water, butterfly kick.

## LEVEL 4 – Stroke Improvement

Front crawl, back crawl, elementary backstroke, butterfly, sidestroke kick, diving, open turns, treading water, and underwater swim.

## LEVEL 5 – Stroke Refinement

Front crawl, back crawl, elementary backstroke, breaststroke, sidestroke, butterfly, underwater swim, surface dives, treading water, flip turns.

## LEVEL 6 – Swimming and Skill Proficiency

Front crawl, back crawl, elementary backstroke, breaststroke, sidestroke, butterfly, surface dives, back crawl and front crawl flip turns, treading water, a couple of introductory life guarding skills.

**Note:** *To complete Level 6, swimmers must be able to swim twenty consecutive laps in the following order: 4 laps of front crawl, 4 laps of back crawl, 2 laps of breaststroke, 2 laps of elementary backstroke, 2 laps of sidestroke, 2 laps of butterfly and 4 laps of a stroke of choice.*

## Please Note:

Please do not sign your child up for a class above his/her skill level. There is a good chance that they will not be moved up or down due to class sell outs. At each level, greater endurance, improved efficiency and a more refined form of each stroke is required.

# 2009 Casperkill Swim Team

This year marks the second season of the **Casperkill Catfish** summer swim team! This program is open to all swimmers, members and non-members ages 5 -18. The swim team season will be approximately five (5) weeks in length with practices Monday thru Friday, 7:45 – 8:45am with 4-5 swim meets scheduled on a weekday afternoon. Parents are responsible for transportation to "away" meets. Other teams that may be involved are Millbrook, Pawling, Freedom and Beekman. Volunteers will be needed during both our home and away meets to act as officials (timers, etc). Parents will be responsible for purchasing a team swimsuit. **The fee for this program is \$100 per swimmer.** An informational meeting will be scheduled in early June.



## Casperkill Catfish

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