

TOWN OF CASTLETON

Castleton Recreation Commission

Summer Swim Lessons – 2015

June 29th – July 10th

Crystal Beach

Cost: \$30.00

Everyone will be responsible for the transportation of their own children. Class times may vary depending on class size.

Class Hours	Level* see next page for description
10:30-11:00	6
11:00-11:30	5
11:30-12:00	4
12:00-12:30	3
12:30-1:00	3
1:00-1:30	Adult and Child
1:30-2:00	2
2:00-2:30	2
2:30-3:00	1
3:30-4:00	1
4:00-4:30	3 and up: multi-level class

Please return this form to the Town Office, PO Box 727, Castleton, VT 05735 no later than June 10, 2015. Make checks out to the Town of Castleton.

Permission is given for _____ to take Red Cross swimming lessons at Crystal Beach from June 29th – July 10th. I will not hold responsible, in case of an accident, the instructor, Gail McGann or any agent of the town of Castleton. I acknowledge that fact that there is no life guard on duty at the dock where lessons are given or on the public beach at any time.

Parent Signature _____ Date _____

Address _____

Phone _____

Child/Class _____

Child/Class _____

Child/Class _____

SWIMMING SCHEDULE CRYSTAL BEACH

JUNE 29TH-JULY 10TH 2015

10:30-11:00	Swim Fit: Long distance swimming, basic rescue, diving
11:00-11:30	Level 5: Stroke perfection, deep water work, diving-distance
11:30-12:00	Level 4 Stroke enhancement, diving, endurance- new strokes
12:00-12:30	Level 3 Introduction breast/side strokes,dolphin kick arm-leg skill
12:30-1:00	Level 3 Working on crawl strokes and breathing and above skills
1:00-1:30	Adult and Child: Fun in water activities to ease the child to swim
1:30-2:00	Level 2 Intro to crawl stroke front and back and whip kick
2:00-2:30	Level 2 Also introduction of rhythmic breathing
2:30-3:00	Level 1 non swimmers who can put their face in the water and work independently with the instructor
3:00-3:30	Level 1 non swimmers
3:30-4:00	Level 1 and 2 working on swimming underwater and strokes
4:00- 4:30	Multi Level Class Level 3 and up

Deep water dock time @ Gail's dock will be July 8th and July 9th for Levels 3 and up. On these days the class will be a half hour earlier than normal to allow me time to get back to Crystal Beach for the other classes