

TOWN OF CASTLETON
Castleton Recreation Commission
Summer Swim Lessons – 2023
Beginning Monday, June 26th-July 7th
Monday-Friday

Crystal Beach
Cost: \$35.00

Everyone will be responsible for the transportation of their own children. Class times may vary depending on class size. Any student requiring any hands-on help must have an adult accompany them. When classes are dismissed, parents are then responsible and MUST keep them out of the swim lesson area. If you plan on staying at the beach after your lesson time, please see the gate attendant for an admission ticket. Please put your email on the registration form so I can confirm class times/ or set you up for a different time if the class fills prior to your registration. No classes on July 4th

Class Hours	Level* see back for description
10:00-10:45	Swim Fit/Basic Rescue/deep water
	Level 5
11:00-11:30	4
11:30-12:00	3
12:00-12:30	3
12:30-1:00	3
1:00-1:30	2
1:30-2:00	2
2:00-2:30	2
2:30-3:00	1
3:00-3:30	1
3:30-4:00	Adult/ Child

The Swim Fit and Level 5 and 4 classes will be held at Gail's dock as in the previous year for deep water swimming. Call for directions and parking.

All other Classes will be @ Crystal Beach. You may email her @ gymjudge1@gmail.com or call 802-273-3627. (Email is better since many times the numbers left on the answering machine are indistinguishable. She will try to NOT turn anyone away.

Please return this form to the Castleton Town Office, 263 Rt 30 N, Bomoseen, VT 05732 by June 15, 2023 however, we will try to take registrations up to the opening day. Make checks out to the Town of Castleton. The Town Office cannot answer any questions on availability of classes so contact Gail (info above)

Permission is given for _____ to take swimming lessons at Crystal Beach from June 26th- July 7th. I will not hold responsible in case of an accident, the instructor, Gail McGann or any agent of the town of Castleton. I acknowledge the fact that there is no lifeguard on duty at the waterfront where lessons are given or on the public beach at any time.

Parent Signature _____ Date _____

Address _____

Phone _____ EMAIL: _____

Child/Class _____

Child/Class _____

Child/Class _____

(go to next page or add in)

CRYSTAL BEACH 2023 SWIM PROGRAM

June 26th- July 7th 2023

10:00- 10:45 Begin with survival swimming, releases from holds in deep water, lifts to the dock of victims and swimming fully clothed, basic tows of victims in deep water

Level 5: Stroke perfection, deep water work, diving-distance

11:00- 11:30: **Level 4** Stroke enhancement, endurance, new stroke diving

11:30-12:00 **Level 3:** Introduction breast/side strokes, dolphin kick arm-leg skill

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 **Level 2:** Intro to the crawl stroke front and back and whip kick

1:30-2:00 **Level 2:** Intro to the crawl stroke front and back and whip kick

2:00-2:30 **Level 2:** Also introduction of rhythmic breathing must be able to paddle

All non-swimmers are Level 1

Level 1: young swimmers who can paddle and work independently with the instructor but do not swim any distance or back float yet

3:00-3:30 **Level 1:** non-swimmer working with or without an adult

3:30-4:00 **Level 1 non swimmer with adult or can be mixed**

If you have a question on the Level or Class to enroll your child, feel free to call me @ 273-3627
Email: gymjudge1@gmail.com prior to June 1st.