MARIST SWIM CLUB ~ LEARN TO SWIM PROGRAM

DATES – 5 Sunday Sessions

1. April 18 4. May 16
2 May 2 5. May 23
3. May 9

TIMES

9:00 am – 9:45 am
10:00 am – 10:45 am
11 :00 am – 11:45 am
12:00noon – 12:45 Pm

LEVELS

LEVEL 1 – Introduction to Swimming
- Safety Skills and Basic Swimming Techniques

LEVEL 2 – Learn to Swim
- Basic Swimming, Rhythmic Breathing and Streamlining Techniques
- These swimmers must be able to swim on their own without the help of a flotation device

LEVEL 3 – Basic Swimming Skills
- Swimmers have the breathing and streamlining techniques and are now ready to begin work on all 4 strokes

LEVEL 4 - Competitive Swimming (Butterfly, Backstroke, Breaststroke, & Freestyle)
- Stroke Technique, Starts, and Turns

COST

$90.00
- Make checks payable to: *Marist Swim Club*
- Family discount: first child is full price, each additional child is $85.00

IMPORTANT INFORMATION

- Learn to Swim encourages swimmers from the ages of 4 through 15 years.
- Space is limited for each session as well as for each instructor. Each instructor will be assigned 4-6 swimmers, based upon the ability level of the group.
- Dates are subject to change based upon Marist College availability.
- Please provide payment with registration. Checks should be made payable to: *Marist Swim Club*
- All payments are non-refundable, and must be received with the application form.

LOCATION AND FACILITIES

All lessons will take place at the James J. McCann Center Natatorium at Marist College. The natatorium is the home of the Marist College men's and women's swimming and diving teams, as well as the Marist Swim Club and Marist Dive Club. The 40-yard facility is split into a 25-yard competitive course and diving well.

Kyle O'Neil, a graduate of the Marist Swim Club and current assistant coach to the Marist College swimming and diving teams, is heading the Learn To Swim Program. Members of both the men's and women's teams will be conducting the lessons for each session. For more information on the Marist Swim Club, please go to *www.maristswimclub.com.*

To register, please fill-out and detach application form below. Applications, along with payment, should be mailed to:
Marist Swim Club c/o Larry VanWagner 3399 North Road – Marist College
James J. McCann Recreation Center Poughkeepsie, NY 12601

MARIST SWIM CLUB – LEARN TO SWIM
APPLICATION FORM

For questions, please email Kyle.O'Neil@Marist.edu *845-575-3699 (ext. 2321)*

Name: _____ Child's Name: _____ Age: _____

Address: _____ City: _____ State: ___ Zip: _____

Phone: (_____) _____ Email: _____

Ability Level (Circle One)

Level 1 Level 2 Level 3 Level 4

Preferred Time (please note that space is limited for each session)

9:00 – 9:45 10:00 – 10:45 11:00 – 11:45 12 noon-12:45