

THE AMBERJAXS SWIM LESSONS

SUMMER 2008 Lesson Information

- ✓ May through August classes meet Monday-Thursday for 2 weeks.
- ✓ Classes are scheduled every ½ hour (25-minute class)
- ✓ Make-Up Policy: Due to limited space, a physician's note will be required to reschedule. Refunds are not available.
- ✓ Weather Policy: Always come to the pool! We teach in the rain, but not in the lightening. A storm on your side of town does not mean it's storming at the AmberJax pool. If a lesson has to be canceled the make up day will be Friday.
- ✓ Payment is required in full to secure your space. Please make checks payable to Episcopal AmberJax, 4455 Atlantic Blvd, Jacksonville, FL 32207. Cost \$80 per session

All sessions are from 9-11 a.m.

You will be contacted if the session you register for is full. You will receive a confirmation phone call approximately two weeks prior to the start of your lessons. If you have any questions, please call Amberjax Swim office at 396-5751 ext. 1643.

LEVELS

- Child Group Lessons (Ages 3 and over):

Level 1: Gradual water adaptation and submersion of the face; introduce blowing bubbles and air exchange; kick holding wall or instructor

Level 2: Front/back float, glide, recover, submersion of the face with bubbles

Level 3: Front/back kick, glide, recover, introduce arm strokes

Level 4: Roll over front/back and back/front, kicking and sculling; freestyle arm stroke

Level 5: Freestyle stroke with lateral breathing, back arm stroke

Level 6: Extended freestyle swims; butterfly arms/swim

Level 7: Breaststroke kick/swim; butterfly arms/swim

Level 8: Freestyle with bilateral breathing; advancement of previously introduced strokes

Level 9: Swim/tread water/ recover; introduce turns

Level 10: Extended swimming and technique refinement all four strokes and turns

REGISTRATION FORM

SUMMER 2008

Name: _____ Age: _____ M/F: _____

Parent's Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Amount Paid: _____ Check #: _____

Child's Skill Level: _____

(Refer to your flyer regarding skill levels or write a note telling us what your child can/cannot do.)
Assessments are made on the first day of classes so that your child is placed in the appropriate group.

Please circle your choices below:

Session:					Class Time:	9:00	9:30	10:00
I	II	III	IV			10:30	11:00	
V	VI	VII						