

Grand Valley State University
1 Campus Drive
Allendale, MI 49401

Grand Valley State University Youth Aquatic Programs Summer 2009



**Youth Swimming Lessons
Ages 4 and up**



**Junior Swim Team
7 to 13 year olds**

Youth Swimming Instruction

Ages 4 and up

Water safety and swim skills learned through fun activities

Dates

Session A June 8 - June 19

Session B June 22 - July 3

Session C July 13 - July 24

Session D August 17 - August 28

All sessions will meet for **10 classes** (Monday through Friday for two weeks)

Times

Class Start Times

Class 1- 9:00 am

Class 2 - 9:45 am

Class 3 - 10:30 am

Class 4 -11:15 am

Class 5 - 5:30 pm (Session A only)

Class 6 - 6:15 pm (Session A only)

Beginner through Advanced level swimmers.

Each class period will include all age levels and all ability groups.

Each class is divided into several teaching stations (4-8 students) determined by the ages and abilities of the students enrolled in that class period.

Students are assigned to a teaching station using the information shown on your registration form and by a water evaluation done during the first class.

Our goal is to provide a small group teaching and learning environment to allow maximum skill development for each individual student.

Our Teaching Approach

Our program is based upon three basic beliefs:

1. The two greatest obstacles to learning to swim are
 - Fear of putting the face in the water
 - Fear of falling to the bottom of the pool.
2. Learning takes place faster when it is fun.
3. People learn at different rates and in different ways.

We emphasize learning proper body position, buoyancy and body alignment to allow the student to be comfortable in the water. Much of their early work is done with the student working while on their back.

As the student is learning and accepting these concepts we begin to explore other swimming skills through fun activities and movement exploration in the water.

Our instructors are encouraged to use a variety of equipment and approaches to make the learning fun and effective for each student.

10 Skill Levels!

Each skill level has a main goal as well as several "Other Basic Skills" that serve as foundations for the main skill in that level and to prepare them for the next level.

Each skill level will focus on developing appropriate water skills to determine progression to the next skill level.

IMPORTANT NOTE

These lessons require that **4 and 5 year olds** must be able to work in group lessons (taking turns, following directions, etc.) and should be comfortable performing basic skills such as reaching/pulling and kicking when asked.

We reserve the right to move a student to a different class or session if needed.



Grand Valley State University Youth Aquatic Programs

Summer 2009 Registration Form

Please use a separate form for each child. Please print.
You may enroll a child in more than one program or session on the same form.

<p style="text-align: center;">Mail with check payable to Grand Valley State University to:</p>	<p>GVSU Youth Aquatic Programs c/o Andy Boyce 1 Campus Drive Allendale, MI 49401</p>	<p>For more information call: GVSU Swimming at 331-2912</p>
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Name: _____ Date of Birth _____ Age: _____

Address: _____ Email: _____

City: _____ Zip: _____ Phone: _____

Parent's Name: _____ Amount enclosed: _____

Mark clearly your first and second choice of class and session you are registering for!
(We will call you if we can not honor your first or second choice.)

Youth Lessons

Please mark your first and second choice of sessions.

Session A (June 8 - June 19) Session B (June 22 - July 3)
 Session C (July 13 - July 24) Session D (August 17 - August 28)

Please mark your first and second choice of class time:

Class 1 (9:00 am) Class 2 (9:45 am) Class 3 (10:30 am) Class 4 (11:15 am)
 { **Session A ONLY** Class 5 (5:30 pm) Class 6 (6:15 pm) }

Tell us about your child: Where have they taken lessons before? _____ When? _____
Check all that apply

- | | | |
|--|---|---|
| <input type="checkbox"/> Is afraid of water | <input type="checkbox"/> Can move self through water on stomach | <input type="checkbox"/> Can swim with rhythmic breathing |
| <input type="checkbox"/> Will not put face in water | <input type="checkbox"/> Can float on back | <input type="checkbox"/> Can swim 4 minutes nonstop |
| <input type="checkbox"/> Can submerge face in water | <input type="checkbox"/> Can swim with over water arm stroke | <input type="checkbox"/> Can swim elementary backstroke |
| <input type="checkbox"/> Willingly goes under water | <input type="checkbox"/> Can swim with face in water without float | <input type="checkbox"/> Can swim breaststroke |
| <input type="checkbox"/> Will jump into water from side | <input type="checkbox"/> Can swim on back without float | <input type="checkbox"/> Can swim sidestroke |
| <input type="checkbox"/> Can float and kick with some help | <input type="checkbox"/> Is comfortable in deep water without float | <input type="checkbox"/> Can swim butterfly |

Comments: _____

Junior Swim Team

Who

All Boys and Girls
age 7 - 13
who can swim 25 yards nonstop
(1 length of the pool)

When

Mondays, Tuesdays and Thursdays
6:00 - 7:00 pm
Starts: June 23 Ends: July 24
A Swim Meet Every Thursday!

What

- *A fun filled swimming program for youth who want to swim better and faster.
- *No competitive experience necessary.
- *The emphasis is on the Fundamentals of swimming FAST!

Each Practice includes...

- work on all 4 competitive strokes
(Freestyle, Backstroke, Breaststroke, Butterfly)
- Games, Relays and fun stunts and exercises
- Learning to race
- Starts and Turns
- Teamwork and team building skills
- Fun, Fun, Fun

A Swim Meet Every Thursday!

- low pressure, fun competition by ability levels with our own team members.
- a new kind of meet each week

Call 331-2912
for registration information
(A separate registration form is needed for the Junior Swim Team)

Program Cost

Youth Lessons and Parent Child Lessons
\$60.00

Complete fees must accompany registration.
No phone registrations accepted.

Refunds

There is a \$8.00 non-refundable fee for any cancellation prior to the first class.
After classes begin and up to the third class, 50% of the class fee will be refunded.
No refunds will be made after the third class.

Private Instruction

Special private or semiprivate lessons are available based upon teacher and pool schedules.

A minimum of three lessons must be scheduled and paid for at the same time.

Lessons will focus on the specific areas and needs that you provide to us when scheduling the lessons as well as related skills identified during the lessons.

For more information call
Andy at 331-2912.