

MARTINSBURG-BERKELEY COUNTY PARKS & RECREATION BOARD

2019 YOUTH SWIM LESSONS

Ages 6 AND UP (as of first day of session)

FEES: Levels 1 & 2—\$60 per session/ Levels 3-5—\$70 per session

(\$5 Sibling/Multi-Session Discount Available)

ONE PARTICIPANT PER FORM

\$ _____

D: _____

- LEVELS 1 & 2 MORNINGS: 9:00am-9:30am; 9:40am-10:10am; or 10:20am—10:50am
LEVELS 1 & 2 EVENINGS: 5:30pm-6:00pm; 6:10pm—6:40pm; or 6:50pm—7:20pm
LEVELS 3-5 MORNINGS: 9:00am to 9:50am OR 10:00am to 10:50am
LEVELS 3-5 EVENINGS: 5:30pm to 6:20pm OR 6:30pm to 7:20pm
** PRIVATE LESSONS: Please email info@mbcparks-rec.org for details regarding times available and rates.



LEVELS 1-5 Lesson sessions are two-weeks in length at the specified times above. Participants may only attend during the time specified on their signed registration form. Please note, classes with low enrollments may be rescheduled or cancelled. Refunds are ONLY given if M-BC Parks & Recreation is unable to offer a class for which you are registered.

Name: _____ Birthdate: _____ Age: _____
Address: _____ City/State/Zip _____
Mobile Phone #: _____ Cell Phone Carrier (For Text Msgs): _____
Parent/Guardian: _____ E-mail: _____
Medical Concerns? [] Y [] N If yes, please explain: _____
Session Number(s): _____

LIABILITY WAIVER: As a parent (legal guardian) of the above named minor, I grant permission for this minor to participate in all activities of this sports program. I assume all risks and hazards incidental to participating in this sports camp program. I do hold harmless the Martinsburg-Berkeley County Parks & Recreation Board, the coaches, assistant coaches, and any and all other volunteers, participants, and organizers for any claims arising out of injury to my child except to the extent and the amount covered by the accident or liability.

MEDICAL RELEASE: I further grant permission for emergency first aid to be given to my child in the case of medical injury or emergency. If necessary, I grant permission for my child to be taken to the emergency room of a nearby hospital, and its staff has my authorization to provide treatment which a physician deems reasonably necessary for the well-being of my child.

PHOTOS: The Martinsburg-Berkeley County Parks and Recreation Board reserves the right to take pictures at all events and programs. Pictures may be displayed in future Parks and Recreation brochures and publications.

REFUND POLICY: Martinsburg-Berkeley County Parks and Recreation will give full refunds only for programs/leagues we are unable to offer.

INCLEMENT WEATHER: Please check our website www.mbcparcs-rec.org or Facebook for information on updates, upcoming programs, leagues cancellations or changes.

Signature: _____ Date: _____

Please be sure the application is signed by a parent or guardian and mailed to Martinsburg-Berkeley County Parks & Recreation, 273 Woodbury Avenue, Martinsburg, WV 25404 OR 40 Excellence Way, Inwood, WV; or dropped off at either office during business hours listed below. You may also register HERE at our website: www.mbcparcs-rec.org (click 'Register' at the top of the page). There is a \$5 sibling/multi-session discount applied after the first child or session, when registering for multiple children/sessions on the same receipt. Please note there is a small merchant fee for use of credit/debit cards online and in person. For more information contact Parks & Recreation at 264-4842 (Berkeley 2000 Office in Martinsburg) Monday-Friday, 9AM—5PM or 229-0022 (Randy Smith Center Office in Inwood) Monday-Friday, 2PM—5PM.



IMPORTANT INFORMATION: If your child participated in our program last year, you should have received an email with the level for which you should register that child this year. If that is different from what was indicated on last year's skills card, please go by the information on the card. (For example, 1 = Level 1, 2 = Level 2, 3 = Level 3, 4B = Level 4 Beginners, 4A = Level 4 Advanced, 5 = Level 5, 4's = 4-year-olds, 5's = 5-year olds, etc.)
PLEASE NOTE: Completing a two-week class IS NOT an automatic move to the next level. Eligibility to move up a level is determined by a PASS or FAIL from the instructor.

LEVEL 1 Ages: Must be 6 by first class

Introduction to Water Skills. Purpose: Help students feel comfortable in the water. Basic water safety rules; using a life jacket; submerging mouth; nose and eyes; opening eyes underwater and picking up submerged object. Swimming on front and back using arm and leg actions. Recognizing a swimmer in distress and getting help. Exhaling underwater and floating on front and back. **Two-week sessions; each class 30 min.** (Monday-Friday)

MORNINGS:

- 4106.3001 June 17 — June 28 (9:00AM)
- 4106.3002 June 17—June 28 (9:40AM)
- 4106.3003 June 17—June 28 (10:20AM)
- 4106.3004 July 8—July 19 (9:00AM)
- 4106.3005 July 8—July 19 (9:40AM)
- 4106.3006 July 8—July 19 (10:20AM)
- 4106.3007 July 22— August 2 (9:00AM)
- 4106.3008 July 22 — August 2 (9:40AM)
- 4106.3009 July 22 — August 2 (10:20AM)

EVENINGS:

- 4106.3010 June 17—June 28 (5:30PM)
- 4106.3011 June 17—June 28 (6:10PM)
- 4106.3012 June 17—June 28 (6:50PM)
- 4106.3013 July 8—July 19 (5:30PM)
- 4106.3014 July 8—July 19 (6:10PM)
- 4106.3015 July 8—July 19 (6:50PM)
- 4106.3016 July 22—August 2 (5:30PM)
- 4106.3017 July 22—August 2 (6:10PM)
- 4106.3018 July 22—August 2 (6:50PM)

LEVEL 2 Ages: 7 & Up

Fundamental Aquatic Skills. Purpose: Give students success with fundamental skills. Moving in the water while wearing a life jacket, submerging entire head, front and back glide, treading water using arm and leg motions. Recognizing a swimmer in distress and getting help. Bobbing in water. Jellyfish float, swimming using combined stroke on front and back. **Two-week sessions; each class 30 min.** (Monday-Friday)

MORNINGS:

- 4107.3001 June 17 — June 28 (9:00AM)
- 4107.3002 June 17—June 28 (9:40AM)
- 4107.3003 June 17—June 28 (10:20AM)
- 4107.3004 July 8—July 19 (9:00AM)
- 4107.3005 July 8—July 19 (9:40AM)
- 4107.3006 July 8—July 19 (10:20AM)
- 4107.3007 July 22— August 2 (9:00AM)
- 4107.3008 July 22 — August 2 (9:40AM)
- 4107.3009 July 22 — August 2 (10:20AM)

EVENINGS:

- 4107.3010 June 17—June 28 (5:30PM)
- 4107.3011 June 17—June 28 (6:10PM)
- 4107.3012 June 17—June 28 (6:50PM)
- 4107.3013 July 8—July 19 (5:30PM)
- 4107.3014 July 8—July 19 (6:10PM)
- 4107.3015 July 8—July 19 (6:50PM)
- 4107.3016 July 22—August 2 (5:30PM)
- 4107.3017 July 22—August 2 (6:10PM)
- 4107.3018 July 22—August 2 (6:50PM)

LEVEL 3 Ages: 8 & Up

Stroke development. Purpose: Build on the skills in Level 2 by providing additional guided practice. Reaching assist, submerging and retrieving an object, front and back glide, front and back crawl, kneeling or standing dive (shallow dive progression) rotary breathing in horizontal position, survival float, back float, butterfly-kick and body motion. **Two-week sessions; each class 50 min.** (Monday-Friday)

MORNINGS:

- 4108.3001 June 17 — June 28 (9:00AM)
- 4108.3002 June 17—June 28 (10:00AM)
- 4108.3003 July 8—July 19 (9:00AM)
- 4108.3004 July 8—July 19 (10:00AM)
- 4108.3005 July 22— August 2 (9:00AM)
- 4108.3006 July 22 — August 2 (10:00AM)

EVENINGS:

- 4108.3007 June 17—June 28 (5:30PM)
- 4108.3008 June 17—June 28 (6:30PM)
- 4108.3009 July 8—July 19 (5:30PM)
- 4108.3010 July 8—July 19 (6:30PM)
- 4108.3011 July 22—August 2 (5:30PM)
- 4108.3012 July 22—August 2 (6:30PM)

LEVEL 4 BEGINNERS Ages: 9 & Up

Stroke development. Purpose: To develop confidence in the strokes learned and improve other aquatic skills. Butterfly kick and the survival float. Introduces the breaststroke, backstroke, butterfly, and sidestroke kicks. Students will be expected to coordinate the breaststroke. Safe diving rules. **Two-week sessions; each class 50 min.** (Monday-Friday)

MORNINGS:

- 4109.3001 June 17 — June 28 (9:00AM)
- 4109.3002 July 8—July 19 (10:00AM)
- 4109.3003 July 22 — August 2 (10:00AM)

EVENINGS:

- 4109.3004 June 17—June 28 (5:30PM)
- 4109.3005 July 8—July 19 (6:30PM)
- 4109.3006 July 22—August 2 (6:30PM)

LEVEL 4 ADVANCE Ages: 9 & Up

Stroke development. Purpose: To develop confidence in the strokes learned and improve other aquatic skills. Continuing refining all strokes. Introduces the Butterfly arms and the Sidestroke arms. Students will be expected to coordinate the Butterfly and the Sidestroke as well as front and back crawl. Survival Float for 1 minute. **Two-week sessions; each class 50 min.** (Monday-Friday)

MORNINGS:

- 4110.3001 June 17 — June 28 (10:00AM)
- 4110.3002 July 8—July 19 (9:00AM)

EVENINGS:

- 4110.3003 July 8—July 19 (5:30PM)
- 4110.3004 July 22—August 2 (5:30PM)
- 4110.3005 July 22—August 2 (6:30PM)

LEVEL 5 Ages: 10 & Up

Stroke Refinement. Purpose: Provide further coordination and refinement of strokes. Survival swimming, standing dive (diving progression), open turns on front and back, front and back crawl. Performing rescue breathing, tuck surface dive and pike surface dive, front flip turn and backstroke flip turn. Elementary backstroke, butterfly, breaststroke, sidestroke. **Two-week sessions; each class 50 min.** (Monday-Friday)

MORNINGS:

- 4111.3001 July 8 — July 19 (10:00AM)
- 4111.3002 July 22—August 2 (9:00AM)

EVENINGS:

- 4111.3003 July 22—August 2 (6:30PM)

LEVEL 1: INTRODUCTION TO WATER SKILLS

Purpose: Help students feel comfortable in the water.

- Basic water safety rules
- Swimming on front and back using arm and leg actions
- Using a life jacket
- Recognizing a swimmer in distress and getting help
- Submerging mouth, nose and eyes
- Exhaling underwater
- Opening eyes underwater and picking up submerged object
- Floating on front and back

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Purpose: Give students success with fundamental skills.

- Moving in the water while wearing a life jacket
- Recognizing a swimmer in distress and getting help
- Submerging entire head
- Bobbing in water
- Front and back glide
- Jellyfish float
- Treading water using arm and leg motions
- Swimming using combined stroke on front and back

LEVEL 3: STROKE DEVELOPMENT

Purpose: Build on the skills in Level 2 by providing additional guided practice.

- Reaching assist
- Kneeling or standing dive (shallow dive progression)
- Submerging and retrieving an object

- Rotary breathing in horizontal position
- Front and back glide
- Survival float, back float
- Front and back crawl
- Butterfly-kick and body motion

LEVEL 4: BEGINNER & ADVANCED—STROKE DEVELOPMENT

Purpose: Develop confidence in the strokes learned and improve other aquatic skills.

- Safe diving rules
- Throwing assist
- Dive from stride position or shallow dive
- Feet-first surface dive
- Survival float, back float
- Front and back crawl
- Elementary backstroke, breaststroke, butterfly

LEVEL 5: STROKE REFINEMENT

Purpose: Provide further coordination and refinement of strokes.

- Survival swimming
- Performing rescue breathing
- Standing dive (diving progression)
- Tuck surface dive and pike surface dive
- Open turns on front and back
- Front flip turn and backstroke flip turn
- Front and back crawl
- Elementary backstroke, butterfly, breaststroke, side-stroke