

## Skill Levels

Please estimate the most appropriate level for your child. Students will be grouped by skill level. We can run several classes during each time slot.

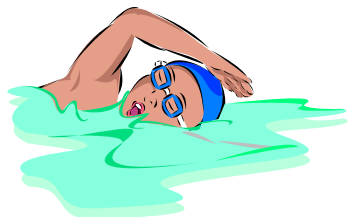
Level 1: Intro to Water Skills teaches submerging head, exhaling underwater, floating, and changing direction in the water.

Level 2: Fundamental Aquatic Skills teaches submerging head in a rhythmic pattern, floating, gliding, rolling over in the water, arm and leg actions.

Level 3: Stroke Development teaches jumping into deep water, rotary breathing, gliding, treading water, kicking, front crawl, and back crawl.

Level 4: Stroke Improvement teaches diving, swimming underwater, turns, front and back crawl, breaststroke, butterfly. Also teaches how to swim front crawl for 25 yards. Students at this level or above should also look into joining the swim team.

Level 5: Stroke Refinement teaches diving, flip turns, and works on all strokes.



## Swim Lessons 2017

To help serve the needs of the growing number of young swimmers at the pool, we are continuing with our successful program. Led by certified Water Safety Instructors from our own staff, lessons will be available for children at every skill level.

Two-week sessions will focus on comfort level in the water, safety, and proper stroke development. At the end of each 2-week session, every child will be tested to see if they're ready to move to the next level. Recognition will be made at the completion of each level.

### CHOOSE A SESSION:

Session 1: June 26, 27, 28, 29, 30  
July 3, 4, 5, 6, 7,

Session 2: July 10, 11, 12, 13, 14  
July 17, 18, 19, 20, 21

Session 3: July 24, 25, 26, 27, 28  
July 31, August 1, 2, 3, 4

### CHOOSE A TIME:

Classes are available as follows

9:00 AM: Levels 4 and 5

9:30 AM: Levels 2 and 3

10:00 AM: Level 1

2:00 PM: Levels 2 and 3

2:30 PM: Level 1

*Please note, in order to run a class, we must have at least 3 registered children before the start of a session. To keep instructor to swimmer ratios low, Level 1 classes can have a maximum of 12 children, Levels 2 and 3 a maximum of 8 children, and Levels 4 and 5 a maximum of 10 children.*

**PRIVATE LESSONS** with the swim team coaches, **Dan Levy**, and **Madison Yates**, and the **Swim Instructors** are available upon request.

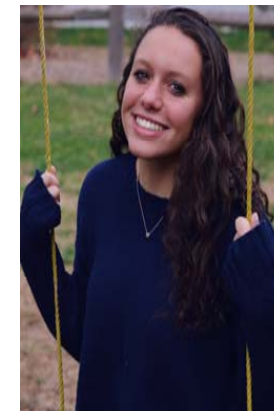
## Meet the Instructors

Group Lessons will be taught CST's Water Safety Instructors below.



**Isabella Weiner** is going into her second year at Amherst College, and is an active member of the swim team. She swam for CST for twelve years, as well as for Greeley and the Marlins, where she was a captain of both. She is a CST captain.

**Margaux Weiner** is a graduating senior at Horace Greeley and will attend Georgetown next year. She has been a member of the CST swim team for 13 years. She swam and was a captain of both Greeley and the Marlins. She is a captain of CST.



**John Koster** is a graduating Senior at Horace Greeley and will swim for Tufts next year. He has been a member of the CST swim team for 13 years. He swam and was a captain of both Greeley and Storm Aquatics. He is a captain of CST.





Group Swim  
Lessons  
~at~  
Chappaqua Swim & Tennis

Summer 2017

Please direct any questions to  
Isabella Weiner

Phone: 914.364.2665  
Email: [iweiner20@amherst.edu](mailto:iweiner20@amherst.edu)

Group Swim Lesson Registration Form  
Registration and payment must be submitted no later than the Saturday  
before a session begins.

Please note that parents/guardians are expected to remain at the club for  
the duration of their child's lesson

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Session:  1  2  3

Cost (\$60 per swimmer per session): \_\_\_\_\_

Checks only please, payable to Chappaqua Swim & Tennis

- Level 1:  10:00-10:30 AM  
 2:30PM-3:00PM
- Level 2:  9:30-10:00 AM  
 2:00-2:30 PM
- Level 3:  9:30-10:00 AM  
 2:00-2:30 PM
- Level 4:  9:00-9:30 AM  
 9:00-9:30 AM
- Level 5:  9:00-9:30 AM