

## 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 2020

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: July 13, 14, 15, 16, 17, 20, 21, 22, 23, 24.

Session 2: July 27, 28, 29, 30, 31  
August 3, 4, 5, 6, 7

### CLASS TIMES:

Classes are available as follows:

9:00-9:30am (Levels 4 and 5)

9:30-10:00am (Levels 2 and 3)

11:00-11:30am (Levels 2 and 3)

2:30-3:00pm (Level 1)

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

## MEET THE INSTRUCTORS:



Stephen Pearce is a recent Horace Greeley graduate. He has been swimming for Rivertown Rays for 12 years. He also served as a Horace Greeley varsity captain this past year. He is head lesson instructor and has been swimming for CST for 12 years. He is a CST captain.

Norah Kuduk is a rising senior at Horace Greeley High School. She swims on the Rivertown Rays as well as the Greeley team. She is a 9 year member of both CST and Rays. She has taught swimming for Rivertown Aquatics year-round the last 2 years. She is also a CST Captain.



Joe Weiner is a rising senior at Horace Greeley High School. He has been swimming for both Marlins and CST for 11 years. He will also be a varsity captain on the Horace Greeley High School team this year. He is also a CST captain.

**REGISTRATION FORM:**

Registration and payment must be submitted no later than the Saturday before the session begins.

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

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

Age: \_\_\_\_\_

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

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

Level (Please circle one):

Level 1: 2:30pm - 3:00pm

Level 2: 9:30am - 10:00am  
11:00am - 11:30am

Level 3: 9:30am - 10:00am  
11:00am - 11:30am

Level 4: 9:00am - 9:30am

Level 5: 9:00am - 9:30am

Session (Please circle one):

1

2

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

\*\*Checks only please, payable to Chappaqua Swim & Tennis

Please direct any questions to Stephen Pearce (Head Instructor)

Email: [stephenpearce616@gmail.com](mailto:stephenpearce616@gmail.com)



GROUP SWIM LESSONS  
AT  
CHAPPAQUA SWIM &  
TENNIS

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2020