

## Group Lesson Registration Form

To fill out electronically, scan the QR code on next panel.

Registrant's Name: \_\_\_\_\_

Registrant's Age: \_\_\_\_\_

Session you are registering for:

- ☐ Session 1
- ☐ Session 2
- ☐ Session 3

Please estimate the most appropriate level for your child:

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

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

Checks only please, payable to  
*Chappaqua Swim & Tennis Assoc.*

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

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Complete form electronically by scanning the QR code with your phone's camera.



# Swim Lessons

For questions about lessons, please contact Stephen at 914-703-2919.



# Skill Levels

## 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 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. Students at this level or above should consider joining the swim team.

## Level 5: Stroke Refinement

Teaches diving, flip turns, and works on all strokes.

Led by certified Water Safety Instructors from our own staff, lessons are 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

Week 1: June 28, 29, 30, July 1, 2  
Week 2: July 5, 6, 7, 8, 9

### Session 2

Week 1: July 12, 13, 14, 15, 16  
Week 2: July 19, 20, 21, 22, 23

### Session 3

Week 1: July 26, 27, 28, 29, 30  
Week 2: August 2, 3, 4, 5, 6

## CHOOSE A TIME

Classes are available as follows:

9:00-9:30 am:	Levels 4 and 5
9:30-10:00 am:	Levels 2 and 3
10:00-10:30 am:	Level 1
2:00-2:30 pm:	Levels 2 and 3
2:30-3:00 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.

# Meet the Instructors

**Norah Kuduk** swims on the Rivertown Rays as well as the Greeley team. She is a 10 year member of both CST and Rays. She has taught swimming for Rivertown year-round the last 3 years.

**Stephen Pearce** has been swimming for Rivertown for 12 years. He served as a Horace Greeley varsity captain and has been swimming for CST for 13 years.

**Ella Raath** swims on the Marlins Swim Team as well as the Greeley team. She has been swimming competitively for 3 years. Ella has taught swim lessons at the Boys and Girls club for the past year and a half.

**Joe Weiner** is a member of the Horace Greeley men's swim team, a 10-year member of the Marlins, and an 11-year member of the CST swim team.

*Private Lessons are available upon request with any of the instructors as well as swim team coaches.*