

Swimming Lesson Information Sheet

SWIM LEVELS:

Parent/ Child acclimation: (age 3): Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more. Adult must accompany child in water. Swim diapers required.

Beginner Level 1 (ages 4-6 or 7-12): Children who cannot swim, or place their face in water are considered a beginner. Beginners will work on assisted floating, introduction to kicks and arm movement, while increasing confidence around the pool.

Beginner Level 2 (ages 4-6 or 7-12): Swimmers should be able to place their face in water, float unassisted, show some coordinated arm and leg motion. This level will work on strokes and kicks and breathing and unassisted swimming.

Advanced Beginner (ages 7-12): Advanced beginners should be able to swim on their backs and front unassisted, and comfortable putting face in water and submerging. This level focuses on swimming independently, while practicing freestyle, backstroke, and elementary back stroke techniques, along with introduction to rhythmic breathing.

Intermediate (ages 7-12): Intermediate level swimmers will focus on stroke mechanics with freestyle, elementary back stroke and backstroke skills to increase stroke efficiency, with the introduction to breast stroke. Diving and pool length increases occur during this level.

Advanced (ages 7-12): Advanced swimmers will be introduced to butterfly, and focusing on stroke definition. Must be able to swim a lap of the pool using all other strokes.

SWIM LESSON REGISTRATION: Registration and payments are made through emailing aquatics@telhai.org We accept payment via postal mail (check only) or phone (credit card) to 610-273-9333 ext. 2441.

SWIM LESSON PROGRESSION: We believe in consistency and repetition for successful progression of swim lesson skills. To aide in the progression of skills, towards the conclusion of the running session, registration will open first to current participants. You will be prompted to notify your instructor before your last day of lessons if your swimmer will continue on to the next session. Payment will be due at that time. Once all current swimmers have registered, registration will open for new participants.

SWIM LESSON POLICY: We do not offer credits, refunds or make-ups for missed lessons due to inclement weather, school events, vacations, or illnesses. We will try to run on deck safety lessons if lessons are affected by inclement weather. Registrants and guardians shall follow all pool policies and procedures set forth by Tel Hai Retirement Community, including but not limited to locker room rules, pool-deck rules, and parking restrictions. All activities, including use of the pool, have inherent risks. Registrants and guardians assume all risks for the health and well-being related to and by participation in any and all Tel Hai activities. Registrants and guardians must waive, release, absolve and agree to hold harmless the facility, or any other persons involved with Tel Hai upon registration.

INCLEMENT WEATHER POLICY: The Weather Hotline 610-273-4050 will be updated when applicable. If you are scheduled for lessons please call the Weather Hotline for updates and check your email before arriving to the pool if severe thunder, lightning or winter weather is present in the area.

NOTE TO PARENTS:

- Please enter our community using the 'West Entrance.' Speed limit is 20MPH. 'Reserved' spaces are for residents only. Once parked, please use the 'Health Suite' entrance and follow signs. Upon registration you will receive an access code to enter through the health suite doors.
- Please drop off participants on the pool deck entrance.
- We ask you use the bleachers for spectator seating to limit distractions to your swimmer.