

2010 Registration Form

Swimmer's Name: _____

Address: _____

City/State: _____

Zip: _____ Swimmer's Age _____

Home Phone: _____

Parent's Name: _____

Previous Swimming Experience (please indicate the level
beginner, intermediate, advanced or stroke clinic that your
child will be taking

Check *SESSION* you plan to attend

(Sessions are filled first come, first serve basis)

After School Lessons

Session I April 5-April 15, 2010

___ Group I Mon-Thursday 4:00-4:45PM

___ Group II Mon-Thursday 4:45-5:30PM

Session II April 19-April 30, 2010

___ Group I Mon-Thursday 4:00-4:45PM

___ Group II Mon-Thursday 4:45-5:30PM

Stroke Clinic (April 3, 10, 17, 23, 2010)

___ Saturday, 10:00-11:30AM (4/23-Friday 4:00-5:30 PM)

Please note if there is not enough interest the stroke clinic
will be cancelled



Spring 2010 Learn-to-Swim Program & Stroke Clinic

Taught by Kutztown
University Swim Team

Small Class Sizes and
Individual Attention

Supervised by Head Swim
Coach Tim Flannery



For further information contact: Tim Flannery at
(610) 683-4359

Email: flannery@kutztown.edu

The Lessons

Learn-to-Swim lessons emphasize a progressive step-by-step approach to teaching your child to swim and breathe correctly and safely. Swimming instructors teach each swimmer one-on-one and are supervised Head coach, Tim Flannery. Children are grouped by ability and teachers work with a maximum of six students. Swimming is not a natural skill for most people, and learning to swim will take some time, practice and confidence.

The Ages

Learn-to-swim lessons are offered to ages three and older. Advanced levels will be arranged according to ability and the extent of stroke knowledge of each student.

The Philosophy

Safety is our first priority. We run a safe program that will teach your child how to swim correctly. We move at a pace that builds children's confidence in their particular skills. Ability and progress of each child is being constantly monitored to help bring them along according to their own level. All of the class time is spent on instruction and skill progression.

The Cost

The cost for weekly lessons is \$105.00 per child per session. If you register an additional family member you can receive a \$15.00 discount for each additional child. Registration can be mailed to:

Swimming Office– Swimming lessons

Keystone Hall 116

Kutztown, PA 19530

Please make all checks out to ***Kutztown University Swimming***

The Sessions

*Two week sessions. You receive eight 45 minute lessons.

Lessons run from April 5 through April 29, 2010

*Group I offered Monday-Thursday from 4:00-4:45PM

*Group II offered from 4:45-5:30PM

***Stroke Clinic SAT only designed for competitive swimmers only. Sessions begin April 3 run through April 24 from 10-11:30AM**

The cost of the Stroke Clinic is \$80.00



Phases of Development

Beginner: Ages 3 and older: overcoming the fear of water, front float, back float, kicking on board, Beginning the freestyle and backstroke. We only allow one child in the water at a time.

Intermediate & Pre-competitive level: Freestyle rhythmic breathing, backstroke, treading water, front dive working to swim one length of the pool.

Advanced: This level is for accomplished swimmers who can swim freestyle with correct rhythmic breathing and backstroke at least 25 yards. Will work on breaststroke and butterfly, flip turns and building endurance

Stroke Clinic

Stroke Clinic is designed for competitive age-group swimmers. Each child must be able to swim 25 yards of Freestyle, Backstroke, Breaststroke and Butterfly.

We will break the clinic into groups of varying ability to work on the fundamentals and techniques of all four strokes.

Each week we will focus on a specific stroke. Every session will conclude with 15 minutes of start, turn and finish drills.

