

UMBC 2010 FALL YOUTH SWIM LESSON PROGRAM

The UMBC Swim Lesson Program has taught thousands of children how to swim in the community over the last 22 years. Our Swim Lesson Program offers lessons for swimmers of all abilities...from novice to beginners to advanced swimmers. Our instructors will guide each swimmer through the various levels of our program to increase the swimming skills of your child. The utmost safety and attention will be given to your child during their time with us.

Class Length: Each class is 30 minutes long. No make ups will be allowed.

Group Lessons Cost: You are not considered registered without full payment.

All Fees are NON – REFUNDABLE unless the class is cancelled.

MAKE ALL CHECKS PAYABLE TO UMBC.

Registration: You may mail in the attached registration form with your payment, or you may drop off your forms in the UMBC swimming office located just off the deck of the indoor pool.

Group Lessons Class Size: We limit the class size to 5 students per instructor (6 if necessary/ based on directors discretion) in order to ensure a positive learning environment and experience for your child. Please be sure to list at least two choices for class time.

You Have Received Your First Choice Unless You Are Called or Emailed and Notified Otherwise.

Please Note: Our Minnow and Trout classes will only be offered at limited time slots, so please give at least 2 choices.

2010 FALL SESSIONS

Session I: September: 7, 9, 14, 16, 21, 23, 28, 30 (Tue & Thurs evenings) 8 Classes - \$80

Session II: September: 8, 13, 15, 20, 22, 27, 29 (Mon & Wed evenings) 7 Classes - \$70

Session III: September: 12, 19, 26, Oct 3 (Sundays) 4 Classes - \$40

Session IV: October: 4, 6, 11, 13, 18, 20, 25, 27 (Mon & Wed evenings) 8 Classes - \$80

Session V: October: 5, 7, 12, 14, 19, 21, 26, 28 (Tues & Thurs evenings) 8 Classes - \$80

Session VI: October: 17, 24, 31, Nov 14 (Sundays) 4 Classes - \$40

Session VII: November: 2, 4, 9, 11, 16, 18 (Tues & Thurs evenings) 6 Classes - \$60

Session Times:

Sessions 3 & 6

A – 12:30 – 1:00 pm

B – 1:05 – 1:35 pm

C – 1:40 – 2:10 pm

D – 2:15pm – 2:45pm

E – 2:50pm – 3:20pm

Sessions 1, 2, 4, 5, & 7

F – 5:00pm – 5:30pm

G – 5:35pm – 6:05pm

H – 6:10pm – 6:40pm

I – 6:45pm – 7:15pm

UMBC SWIM LESSON PROGRAM
FALL 2010 REGISTRATION FORM

Child's Name _____ M F Birth date _____ AGE _____

Parent's Name _____

Address: _____

Email Address _____ Phone #: _____

Sessions: (PLEASE INDICATE 1ST CHOICE AND 2ND CHOICE FOR EACH SESSION)

SESSION 1: 1F _____ 1G _____ 1H _____ 1I _____

SESSION 2: 2F _____ 2G _____ 2H _____ 2I _____

SESSION 3: 3A _____ 3B _____ 3C _____ 3D _____ 3E _____

SESSION 4: 4F _____ 4G _____ 4H _____ 4I _____

SESSION 5: 5F _____ 5G _____ 5H _____ 5I _____

SESSION 6: 6A _____ 6B _____ 6C _____ 6D _____ 6E _____

SESSION 7: 6F _____ 6G _____ 6H _____ 6I _____

LEVEL: JELLYFISH _____ GUPPIE _____ MINNOW _____ TROUT _____

Please check the appropriate level above which best describes the student's current swimming skills:

JELLY FISH: For children 4 years old and up. The emphasis in this group is basic water skills such as overcoming any fear of the water, blowing bubbles, floating and retrieving items from the bottom of the pool. This level has games and activities, which serve to help overcome fear of the water. This is a great place to start for the first time lesson taker. Generally, the classes will be split by age, 4 – 6 year olds and 7 yr and older.

GUPPIE: Students should be comfortable in the water, able to submerge and float on their front and backs. During this level they will learn the beginning skills of freestyle and backstroke. Children will often remain in this level for a number of sessions. This level is generally for students 4 and older.

MINNOW: At this level the students will be continuing to improve their freestyle and backstroke skills. Students who enter lessons at this level should be able to swim some freestyle and backstroke. Children should also be able to rotary breath during freestyle. Breaststroke will also be introduced at this level. This level is generally for swimmers 5 and older.

TROUT: Students at this level of the Lesson Program should be able to swim 25 yards of freestyle with rotary breathing unaided, competent in backstroke and displaying general breaststroke skills. The students will continue to perfect their skills in order to swim several laps of each stroke.

PLEASE MAKE CHECKS PAYABLE TO UMBC!

MAIL COMPLETED REGISTRATION FORM TO:

**UMBC RETRIEVER ACTIVITY CENTER
UMBC / RETRIEVER AQUATIC CLUB
ATTN: Mike Stambaugh
1000 HILLTOP CIRCLE
BALTIMORE, MARYLAND 21250**

For any additional information and/or questions email (preferred) Mike Stambaugh at MICHSTAM@UMBC.EDU

Or call 410-455-2679 or go to the

UMBC Athletic Website at www.umbcretrievers.com and click on AQUATICS then SWIM LESSONS.