**Village of Warwick Recreation**

**Swim Program**

Lesson Dates: Begin the week of June 26th and end on July 27th.

In case of lightning the pool will be CLOSED!

There are NO lessons on July 3rd or July 4th. These classes will not be made up.

Parents may stay for the 1st day of swim lessons ONLY!!

Please pick up your child on time.

Your child must be 5 year old AND have 1 year of formal schooling – NO EXCEPTIONS!

Warwick Recreation will limit class size if necessary.

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| --- | --- |
| ***Polywogs****Water Adjustment**Bobbing**Blowing Bubbles**Using Life Preserver**Floating* | ***Frogs****Rhythmic Breathing**Arm Movements – Breaststroke**Leg Movements – Breaststroke**Arm Movements – Breaststroke**Leg Movements – Breaststroke* |
| ***Deep Water 1****Front Crawl**Backstroke**Elementary Backstroke**Arm Movements – Breaststroke**Leg Movements – Breaststroke**Introduce Diving* | ***Deep Water 2****Perfecting Front Crawl**Perfecting Backstroke**Sidestroke**Perfect Diving**Surface Dives**Treading Water* |
| ***Deep Water 3****Perfect All Strokes and Dives* |  |

**Village of Warwick Recreation**

**Swim Program**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Monday*** | ***Tuesday*** | ***Wednesday*** | ***Thursday*** |
| ***9:00 – 9:45*** | ***A*** | ***B*** | ***A*** | ***B*** |
| ***10:00 – 10:45*** | ***C*** | ***D*** | ***C*** | ***D*** |
| ***11:00 – 11:45*** | ***E*** | ***F*** | ***E*** | ***F*** |

**A: Polywogs, Frogs and Deep Water 1**

**B: Polywogs, Frogs and Deep Water 2**

**C: Polywogs, Frogs and Deep Water 1**

**D: Polywogs, Frogs and Deep Water 2**

**E: Polywogs, Frogs and Deep Water 3**

**F: Polywogs, Frogs and Deep Water 1**

*Choose one letter for the class time that your child will come.*

*Please Note: Classes meet 2 days a week and they may not be at the same time. When you attend you come only on 1 letter day, which meets 2x per week.*

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Circle One: Town or Village Resident

Emergency Contact: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_