

Pickerington Community Pool Swimming Lessons

Ages 3 and older

Registration Information and Dates:

- **Season Pass Holders (residents and non-residents):** Priority registration for all three sessions will be given to season pass holders who register for swimming lessons through the mail starting **Monday, May 3 through May 16.**
- **City of Pickerington Residents (without a season pass)** may register for swimming lessons starting **Monday, May 17** via walk-in or mail-in registration.
- **Non-Residents (without a season pass)** may register for swimming lessons starting **Wednesday, May 19** via walk-in or mail-in registration.

*** Swimming lesson registration will NOT be accepted prior to the dates listed above.**

	June 14 – June 25	July 6 – July 16 * Please see note below.	July 26 – August 6
9:40 – 10:10 AM Mondays – Fridays	#01 – Jelly Fish, week two, only #02 – Frog, week one, only #03 – Manatee #04 – Alligator #05 – Flying Fish #06 – Dolphin	#17 – Manatee #18 – Penguin #19 – Alligator #20 – Flying Fish #21 – Dolphin	#33 – Jelly Fish, week one, only #34 – Frog, week two, only #35 – Penguin #36 – Alligator #37 – Flying Fish
10:20 – 10:50 AM Mondays – Fridays	#07 – Jelly Fish, week one, only #08 – Frog, week two, only #09 – Penguin #10 – Alligator #11 – Killer Whale	#22 – Jelly Fish, week two, only #23 – Frog, week one, only #24 – Penguin #25 – Alligator #26 – Dolphin #27 – Killer Whale	#38 – Jelly Fish, week two, only #39 – Frog, week one, only #40 – Manatee #41 – Alligator #42 – Dolphin
11:00 – 11:30 AM Mondays – Fridays	#12 – Manatee #13 – Penguin #14 – Alligator #15 – Flying Fish #16 – Dolphin	#28 – Jelly Fish, week one, only #29 – Frog – week two, only #30 – Manatee #31 – Alligator #32 – Flying Fish	#43 – Manatee #44 – Penguin #45 – Alligator #46 – Flying Fish #47 – Killer Whale

* Please note that five minutes will be added to the end of classes during the July 6 – July 16 session due to the federal holiday on Monday, July 5.

**Season Pass Holder Discounted Fee: \$40 (two- week classes)
\$28 (one-week classes)**

**Registrants without a Season Pass Fee: \$75 / \$60 – City Resident Discount Fee (two-week classes)
\$50 / \$40 – City Resident Discount Fee (one-week classes)**

Prerequisite Swim Lesson Skills:

Jelly Fish (ages 3 – 4)

Water Exploration

Preschoolers are introduced to the water through a variety of games in this one-week class. Class size is limited to six.

Frog (ages 4 – 5)

Water Exploration

Preschoolers are introduced to kicking, going underwater, and floating on their stomach and back in this one-week class. Class size is limited to six.

Manatee (two-weeks)

Water Exploration/Basis Strokes

Swimmers are introduced to floating and kicking. Class size is limited to eight.

Penguin (two-weeks)

Primary Skills

Fully submerge face for three or more seconds; bob in water 10 times; elementary crawl stroke (arms); blow bubbles under water; jump in shallow water; float on front and back with support; and kick with support on front and back

Alligator (two-weeks)

Stroke Readiness

Retrieve an object in chest deep water; demonstrate flutter kick on front and back; demonstrate back crawl arm stroke; float on front and back without support; demonstrate finning on back; demonstrate front crawl; jump into chest deep water and recover to a vertical position; and be able to turn from front to back and vice versa without support

Flying Fish (two-weeks)

Stroke Readiness

Retrieve an object in chest deep water without goggles and no support; bob in water over the head; front glide and back glide from push-off; elementary back stroke kick with or without support for 10 meters; jump into deep water; front crawl with breathing to front or side for 10 meters; reverse direction while swimming; demonstrate kneeling dive; back crawl for 10 meters; and learn to tread water

Dolphin (two-weeks)

Stroke Refinement

Standing front dive from side of pool; front crawl with breathing on side for 25 meters; sidestroke kick for 10 meters; elementary backstroke for 10 meters; back crawl for 25 meters; basic side stroke; begin turning at wall; scull on back for 15 meters; elementary backstroke; breaststroke kick for 10 meters; and tread water for two minutes

Killer Whale (two-weeks)

Skill Proficiency

Dive from board; elementary backstroke for 25 meters; front and back crawl for 50 meters; demonstrate long, shallow dive from side of pool; beginning butterfly stroke; demonstrate an open turn on front and back; breaststroke and sidestroke for 10 meters; swim underwater for 10 meters; and butterfly kick for 10 meters

Pickerington Parks and Recreation Department

2010 Swimming Lesson Registration Form

Receipt Number _____

Parent or Guardian Name _____

Street Address _____

City/State/Zip _____

Home Phone _____ Cell Phone _____

Email Address _____

Emergency Contact (Name and Number) _____

Season Pass Holder: ___ Yes ___ No

* Class numbers, dates, times and fees are listed on page one, and prerequisites are listed on page two.

Child #1 _____ Age _____

1st Choice: Class # _____ 2nd Choice: Class # _____ #3rd Choice: Class # _____

Child #2 _____ Age _____

1st Choice: Class # _____ 2nd Choice: Class: # _____ #3rd Choice: Class # _____

Child #3 _____ Age _____

1st Choice: Class # _____ 2nd Choice: Class # _____ #3rd Choice: Class # _____

* Classes may be combined or dropped due to insufficient registration.

* Please print additional registration forms if necessary.

\$ _____ Total Lesson Payment must accompany registration

Make check or money order payable to: City of Pickerington

Mail to: Pickerington Aquatic Division, 100 Lockville Rd., Pickerington, OH 43147

* Check and application may also be placed in the Night Deposit located by the front door at Pickerington City Hall, 100 Lockville Road.