

# *Cherry Valley Tiger's Learn to Swim Program*

The Learn-To-Swim program provides a safe, fun environment in which children will improve aquatic skills, develop stroke readiness and ultimately work toward earning their band. Theresa Layman, a member of our swim team coaching staff, will be leading the program. Skills range from blowing bubbles and developing comfort in the water to floating, gliding, kicking, and arm strokes. The most advanced swimmers will develop freestyle and backstroke, as well as learn rhythmic breathing and racing dives. Children of all ages are welcome but must be potty-trained and able to listen and follow directions. Parent/guardian must be present during the session unless arrangements are made in advance with the Coach Theresa.

There will be 3 groups of two-week sessions. The lessons will be held from 11:30 AM to 12:00 PM on Tuesday, Wednesday and Thursday. The Sessions are as follows:

| <u>Session</u> | <u>Dates</u>                | <u>Fee</u> |
|----------------|-----------------------------|------------|
| Session 1:     | June 21, 22, 23, 28, 29, 30 | \$50.00    |
| Session 2:     | July 5, 6, 7, 12, 13, 14    | \$50.00    |
| Session 3:     | July 19, 20, 21, 26, 27, 28 | \$50.00    |

Each session is capped to 15 children, and these slots generally fill up fast. In order to participate in the program, complete the registration forms attached, and either leave it in the swim club office or mail it in with the appropriate fee. You can register for all 3 sessions. If you have any questions please contact Theresa Layman ([theresa.layman@gmail.com](mailto:theresa.layman@gmail.com)) or Jim Lympers ([jim@cherryvalleysc.org](mailto:jim@cherryvalleysc.org)).

## Cherry Valley Tiger's Learn-To-Swim 2016 Registration Form

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

Parent's Names: \_\_\_\_\_

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

Home Phone: \_\_\_\_\_ Cell Phones: \_\_\_\_\_

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

E-Mail: \_\_\_\_\_

| <u>Session Dates</u>                   | <u>Fee</u> |
|--|------------|
| Session 1: June 21, 22, 23, 28, 29, 30 | \$50.00    |
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Please complete and choose the session (s) you are registering for:

| <u>Swimmer's Name</u> | <u>Sex</u> | <u>Date of Birth</u> | <u>Session</u> |
|-----------------------|------------|----------------------|----------------|
| _____                 | _____      | ___/___/___          | 1    2    3    |
| _____                 | _____      | ___/___/___          | 1    2    3    |
| _____                 | _____      | ___/___/___          | 1    2    3    |

Please answer the following questions for each child:

|   |                   |                   |                   |
|---|-------------------|-------------------|-------------------|
| Name:   | _____             | _____             | _____             |
| Age:  | _____             | _____             | _____             |
| Is she/he afraid of the water?                              | Yes    No         | Yes    No         | Yes    No         |
| Will he/she follow a verbal request?                        | Yes    No         | Yes    No         | Yes    No         |
| Will she/he put her/his face in the water?                  | Yes    No         | Yes    No         | Yes    No         |
| Will he/she use a kickboard?                                | Yes    No         | Yes    No         | Yes    No         |
| How long can she/he hold her/his breath underwater?         | _____ seconds     | _____ seconds     | _____ seconds     |
| How far can he/she swim by him/herself, without assistance? | _____ meters      | _____ meters      | _____ meters      |
| Does she/he use freestyle arm movements?                    | Yes    No         | Yes    No         | Yes    No         |
| Does he/she use freestyle/side breathing?                   | Yes    No         | Yes    No         | Yes    No         |
| Does she/he have her/his band?                              | No    Low    High | No    Low    High | No    Low    High |

PLEASE RETURN COMPLETED REGISTRATION AND APPLICABLE FEE TO CHERRY VALLEY OR MAIL TO:

Make Checks Payable to **Cherry Valley Swim Club**

Jim Lymper  
36 Lafferty Drive  
Cherry Hill, NJ 08002