



2017 Summer Swimming Lessons

LOCATION: Dowling Catholic High School, Mark Crouch Pool, 1400 Buffalo Road, West Des Moines, IA 50265

CLASSES: Bubblers, Floaters, Paddlers, Gliders, Divers, and Swimmers. See class descriptions on second page. Class ratio for Bubblers, Floaters, Paddlers and Gliders is 4:1. Divers and Swimmers ratio is 6:1. Swimmer must be 4 by September 15, 2017.

FEES: Group Lessons: \$75 for ten 30 minute lessons. Fees are due with registration. A \$20 administration fee will be applied to all refunds. No refunds after April 30, 2017 unless request is accompanied by a physician’s statement.

Private Lessons: \$100 for five 30 minute lessons. Limited private lessons are available and the following restrictions apply: swimmer must be 8 or older at the time of the lesson; each swimmer may only register for one week of private lessons. Private lessons may be reserved via email at DCHSyouthswimming@gmail.com. Private lesson payments are due within 7 days of sign up.

DATES: Session I Monday June 5 to Friday June 16
Session II Monday June 19 to Friday June 30
Session III Monday July 10 to Friday July 21

SIGN UP: Send form and check or money order made out to Dowling Catholic High School to:

Due to lesson times filling quickly, please designate your 1st, 2nd, and 3rd choices. If we are unable to accommodate any of your requested times we will contact you. Please use a separate form for each student you are signing up. Group lesson registration is only by mail. You will receive one confirmation email when your registration is complete. Registration begins March 1, 2017.

Questions: Contact Ann Peterson at DCHSyouthswimming@gmail.com or 515-339-1201 and we will get back to you as soon as possible.

SWIMMING LESSON REGISTRATION FORM

Swimmer Name _____ Birthday _____ Age _____

Parent/Guardian Name _____

Address _____

Phone _____ Email _____

For the safety of all our swimmers, please disclose any special needs here _____

Circle Level: **BUBBLERS / FLOATERS / PADDLERS / GLIDERS / DIVERS / SWIMMERS**

Session I 6/5-6/16		Session II 6/19-6/30		Session III 7/10-7/21	
9:00AM	FULL	9:00AM	FULL	9:00AM	
9:30AM	FULL	9:30AM	FULL	9:30AM	
10:00AM		10:00AM	FULL	10:00AM	
10:30AM		10:30AM		10:30AM	
11:00AM		11:00AM		11:00AM	
11:30AM		11:30AM		11:30AM	
12:00PM		12:00PM		12:00PM	
12:30PM		12:30PM		12:30PM	



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Swimming lessons are designed to ensure safe environments for all our swimmers. Please carefully consider each level and determine which abilities your child has. You should enroll your swimmer(s) in the first level they do not meet ALL the listed skills, even if they meet several skills in the next level. Please note the first day of lessons all swimmers will be evaluated and a swimmer may need to be moved if the swimmer was not enrolled in the appropriate level. For the safety of all swimmers, please let us know if your swimmer has any special needs. For private lesson availability, please click [HERE](#).

Bubblers-Can your swimmer:

- submerge face for 3 seconds
- comfortably float on their front and back with assistance
- swim independently 10ft using a noodle or other floatation device
- jump into water with full assistance

Floaters-Can your swimmer:

- submerge entire head for 5 seconds
- float unassisted front and back for 10 seconds
- swim unassisted 5ft on front
- jump into water to instructor

Paddlers-Can your swimmer:

- swim unassisted 15ft on front and back
- demonstrate rhythmic breathing
- tread water for 30 seconds
- jump into water and return to the side independently

Gliders-Can your swimmer

- streamline kick on front and back for 3yards
- freestyle with rhythmic side breathing for 15yards
- backstroke for 15yards unassisted
- perform a kneeling dive

Divers-Can your swimmer

- swim freestyle for 3 continuous minutes
- swim breaststroke 15yards
- swim butterfly 15yards
- perform a standing dive

Swimmers-Can your swimmer

- swim freestyle for 5 continuous minutes
- swim 25yards of all four strokes
- use flip turns
- perform a racing dive from the starting block

If your swimmer can complete all the requirements on this list they should tryout for Dowling Catholic Riptide Swim Team!

To prepare for your first day, please keep these things in mind:

- Goggles will not be allowed in Bubblers or Floaters.
- Life jackets or swimsuits with built-in floatation will not be allowed.
- Swim shirts or rash guards can restrict movement, weigh a swimmer down and are highly discouraged during lessons.
- Bring your own towels.

