

DHARA SWIM LESSON PROGRAM 2018

A unique program designed to help children ages 3+ become more comfortable in the water and learn efficient swimming skills.

Session 1 afternoon May 29-June 2, June 4-7	Session 2 afternoon June 11-14, June 18-21	Session 3 morning June 25-28, July 2,3,5,6	Session 4 morning July 9-12 & July 16-19
4:30 pm-7:00 pm	4:30-7:00 pm	10:00 am-12:30 pm	10:00 am-12:30 pm

The DHARA Swim Lesson Program will help your child enjoy the water and stay safe. All lessons are taught by experienced, dedicated instructors and are available for a variety of ages and skill levels. All Sessions are held within a two week period and include eight 30-minute classes. Enrollment is strictly limited, so please register early!

LESSON DATES & TIMES:

Refer to the Session dates and times on the top of the page. Lessons typically run from Monday through Thursday. Any postponed lessons will be rescheduled.

There are four 30-minute lessons held each day. On the *Swim Lesson Registration Form* you must indicate the lesson time(s) you *cannot* attend. Every effort will be made to place your child into a lesson that is convenient for you. In the event no lessons are available within your desired time frame you will receive a full refund or you may register for another Session.

PRICING

Members: \$100 one child, \$80 each additional child *if all children register for the same session.*

Non-members: \$130 per child.

No refunds for missed classes!

REGISTRATION

To insure your child receives instruction appropriate to their ability, please review each description of the four levels of instruction offered. Determine the level of instruction that best suits your child's needs and choose the Session most convenient for your child to attend.

All registration is on a first come first served basis. Members receive priority consideration. Registration typically closes one week prior to the date of the first class, but registration for a class may close early when the maximum number of students are reached.

Registration and payment must be submitted by mail. Please complete the *Swim Lesson Registration Form* and the *Placement Agreement*. Mail the completed forms with a check made payable to "DHARA" to:

DHARA Swim Lesson Program
6000 Wilson Blvd.
Arlington, VA 22205

Please include your child(ren)'s name(s) on the check. One week prior to your first lesson, you will receive an email containing confirmation of enrollment and a lesson schedule. If your desired lesson is not available you will receive a refund or you may register for another Session.

Please direct all questions to Krisztina Kovacs at: dhs swimlessons@gmail.com.

Level 1 • MINNOW • Class ratio 1:4

Introduces safety, front and back kicking, basics for the elementary backstroke, beginning freestyle arms, and overall comfort and confidence in the water. The focus of the class is blowing bubbles, and being able to stay under water with mouth and eyes in the water for 5 seconds or more.

To progress to *Minnow*, participants must demonstrate comfort in the water and the ability to keep their head under the water for at least 5 seconds.

Level 2 • GUPPY • Class ratio 1:4

Introduces freestyle and backstroke, includes underwater object retrieval, bobs, some independent swimming, and jumping in the water.

To progress to *Goldfish*, participants must demonstrate each skill with confidence and independently swim the freestyle and/or backstroke unassisted for at least 10 yards.

Level 3 • GOLDFISH • Class ratio 1:6

Learn efficient flutter/dolphin kicking, improved arm-form techniques for each stroke, side breathing, and introduces breaststroke, butterfly and diving.

To progress to *Tuna*, participants must demonstrate each skill with superior confidence and independently swim freestyle and/or backstroke for 12.5 yards.

Level 4 • TUNA • Class ratio 1:6

Introduces legal breaststroke and butterfly.

Instruction focuses on becoming more efficient, knowledgeable and stronger swimmers.


A FEW REMINDERS...

- ▶ All students are required to have goggles.
- ▶ In order to aid in the learning process and make swimming fun, students are strongly recommended to have their own set of fins.
- ▶ Please be on time. Each lesson starts at different times, so please make sure your child is prepared with swim suit on and goggles handy.
- ▶ The last 5 minutes of each lesson are reserved for instructors to address your questions or concerns.
- ▶ For more information please contact the Program Coordinator, Krisztina Kovacs at: dhs swimlessons@gmail.com.


DHARA 2018 Swim Lesson Program


PLACEMENT AGREEMENT

*Please review the class descriptions and choose the appropriate level of instruction based on your child's prerequisite skills. **

 **MINNOW**—no skills necessary, no or little swim experience

 **GUPPY**—able to keep head underwater and blow bubbles for 5-10 seconds

 **GOLDFISH**—able to float on back for 5 seconds and produce front crawl/doggie paddle for 10 yards

 **TUNA**—able to swim freestyle and/or backstroke for 12.5 yards

** By signing this form you state your confidence that your child/children can accomplish the minimum skill required of the level. If said child/children cannot perform the minimum requirement of the group signed up for, it cannot be guaranteed that a lower level class will have available slots. A child will not, under any circumstance, be permitted to stay in a class in which they do not have the necessary entry level skills.*

INCLEMENT WEATHER: Due to inclement weather your lesson may be cancelled for the day. Cancellation may be declared anytime prior to, or during your lesson. The best way to obtain cancellation information is to contact the pool or one of our instructors/manager. We will attempt to make up classes by adding 5-10 extra minutes at the end of each lesson, or will reschedule the lesson for a Friday or Saturday. Make up classes will be communicated via email.

IMPORTANT INFORMATION TO ALL REGARDING NON-MEMBER POOL USAGE AND SWIM LESSONS: Other than the student in the assigned lesson, **ALL non-members or those who are not paid guests of a DHARA member, are NOT permitted to use the pool at any time.** Anyone who fails to comply with DHARA pool rules or otherwise misuses the pool will be asked to leave the premises, and may be prohibited from participating further in the swim lesson program. **All swim lesson fees are non-refundable.**

Child's/Children's name(s): _____

Parent/Guardian Signature: _____ Date: _____

Please choose the appropriate level of instruction based on your child's prerequisite skills. *

Level 1 • MINNOW • Class ratio 1:4

Introduces safety, front and back kicking, basics for the elementary backstroke, beginning freestyle arms, and overall comfort and confidence in the water. The focus of the class is blowing bubbles, and being able to stay under water with mouth and eyes in the water for 5 seconds or more.

To progress to *Minnow*, participants must demonstrate comfort in the water and the ability to keep their head under the water for at least 5 seconds.

Level 2 • GUPPY • Class ratio 1:4

Introduces freestyle and backstroke, includes underwater object retrieval, bobs, some independent

swimming, and jumping in the water.

To progress to *Goldfish*, participants must demonstrate each skill with confidence and independently swim the freestyle and/or backstroke unassisted for at least 10 yards.

Level 3 • GOLDFISH • Class ratio 1:6

Learn efficient flutter/dolphin kicking, improved arm-form techniques for each stroke, side breathing, and introduces breaststroke, butterfly and diving.

To progress to *Tuna*, participants must demonstrate each skill with superior confidence and independently swim freestyle and/or backstroke for 12.5 yards.

Level 4 • TUNA • Class ratio 1:6

Introduces legal breaststroke and butterfly.

Instruction focuses on becoming more efficient, knowledgeable and stronger swimmers.

DHARA 2018 SWIM LESSON REGISTRATION FORM

PRICING: Members: \$100 one child, \$80 each additional child if all children register for the same session.
 Non-members: \$130 per child.
 No refunds for missed classes!

PARENT NAME (FIRST & LAST)

DATE

EMAIL ADDRESS

PHONE NUMBER

TOTAL :



SESSION 1 • (afternoon): May 29–June 1, June 4–June 7 | 4:30 pm–7:00 pm

MINNOW	GUPPY	GOLD FISH	TUNA	Please circle the time(s) your child CANNOT attend class
Child Name & Age	Child Name & Age	Child Name & Age	Child Name & Age	
				4:30 pm-5:00 pm 5:50 pm-6:20 pm 5:10 pm-5:40 pm 6:30 pm-7:00 pm

SESSION 2 • (afternoon): June 11–June 14 & June 18–June 21 | 4:30 pm–7:00 pm

MINNOW	GUPPY	GOLD FISH	TUNA	Please circle the time(s) your child CANNOT attend class
Child Name & Age	Child Name & Age	Child Name & Age	Child Name & Age	
				4:30 pm-5:00 pm 5:50 pm-6:20 pm 5:10 pm-5:40 pm 6:30 pm-7:00 pm

SESSION 3 • (morning): June 25–June 28 & July 2,3,5,6 | 10:00 am-12:30 pm

MINNOW	GUPPY	GOLD FISH	TUNA	Please circle the time(s) your child CANNOT attend class
Child Name & Age	Child Name & Age	Child Name & Age	Child Name & Age	
				10:00 am-10:30 am 11:20 am-11:50 am 10:40 am-11:10 am 12:00 pm-12:30 pm

SESSION 4 • (morning): July 9–12 & July 16–July 19 | 10:00 am-12:30 pm

MINNOW	GUPPY	GOLD FISH	TUNA	Please circle the time(s) your child CANNOT attend class
Child Name & Age	Child Name & Age	Child Name & Age	Child Name & Age	
				10:00 am-10:30 am 11:20 am-11:50 am 10:40 am-11:10 am 12:00 pm-12:30 pm