



**THE CHURCH IN THE GARDENS
COMMUNITY HOUSE
15 Borage Place
Forest Hills, NY 11375
Telephone# 718/268-7710**

SUMMER SWIMMING

Registration for the summer session of swimming lessons will begin on Monday, June 15th for Community House members. Registration for non-members will begin on Monday, June 22nd at 9 am. Please remember that registration must be done **in person, and will be based on a first come first serve basis**. If your child has been taking swimming lessons with us, his/her instructor will inform you of the level which your child should be registered. (A list is also in the CH office). *Evaluations can be done on Wednesdays or Fridays between 3 and 4 pm.*

Requirements – Child must be at least 4 years of age. Most children are not ready for group lessons younger than age 4. REMEMBER once the class begins, fees are non refundable.

PLEASE DO NOT give your child anything to eat at least 1 hour prior to their swim lesson.

Level 1 – Water Exploration - No Prior Experience - Designed for those fearful of the water. Skills include safety rules, floating, bubbles, kicking, putting face under the water and following instructor's directions.

Level 2A – Swim Readiness - For those children not afraid of the water, can put face under water and follow instructor's directions.

Level 2B – Primary Skills – Water adjustment, bobbing, kicking, front and back glide. Swim strokes on their way to independent swimming.

Level 3 – Independent Swimming – Ability to swim the width of the pool without any assistance.

Level 4 – Stroke Readiness - Rotary breathing, backstroke, and ability to swim half the length of the pool.

Level 5 – Stroke Development - Rhythmic breathing, crawl stroke, backstroke, survival floating and safety skills are all improved in this final level.

Mondays and Wednesdays – 12 half-hour classes Members: \$144.00 Non-Members: \$216.00

Class Dates: July 6, 8, 13, 15, 20, 22, 27, 29 August 3, 5, 10, 12

Tuesdays and Thursdays – 12 half-hour classes Members: \$144.00 Non-Members: \$216.00

Class Dates: July 7, 9, 14, 16, 21, 23, 28, 30 August 4, 6, 11, 13

*****ONE MAKE-UP CLASS PER SESSION*****

(Please schedule your make-up class with the lifeguard)

Level 1 - NO PRIOR EXPERIENCE

Mondays & Wednesdays 4:00 - 4:30 OR 4:30 - 5:00

Tuesdays & Thursdays 4:00 - 4:30

Level 2A - SWIM READINESS

Mondays & Wednesdays 5:00 - 5:30 OR 5:30 - 6:00

Tuesday & Thursdays 4:30 - 5:00 OR 5:30 - 6:00

Level 2B - PRIMARY SKILLS

Mondays & Wednesdays 4:30 - 5:00 OR 5:30 - 6:00

Tuesday & Thursdays 5:00 - 5:30

Level 3- INDEPENDENT SWIMMING

Mondays & Wednesdays 4:00 - 4:30

Tuesday & Thursdays 4:00 - 4:30 OR 5:00 - 5:30

Level 4-STROKE READINESS

Mondays & Wednesdays 5:00 - 5:30

Tuesday & Thursdays 4:30 - 5:00

Level 5-STROKE DEVELOPMENT

Tuesday & Thursdays 5:30 - 6:00

All checks payable to The Community House