



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

WINTER SWIMMING

Registration for the fall session of swimming lessons will begin on Monday, December 7th for Community House members. Registration for non-members will begin on Monday, December 14th at 7 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). *If your child is not a beginner or has not taken swimming lessons at the CH, he/she should be evaluated. Call the CH office for available times.*

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 2 hours prior to their swim lesson.

Level 1 – 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 instructions.

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, bubbles, 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 upon in this final level.

Monday –	10 half-hour classes	Members: \$120.00	Non-Members: \$180.00
	Class Dates: Jan. 4, 11, 25 Feb. 1, 8, 22 Mar. 1, 8, 15, 22		
Wednesday –	11 half-hour classes	Members: \$132.00	Non-Members: \$198.00
	Class Dates: Jan. 6, 13, 20, 27, Feb. 3, 10, 24 Mar. 3, 10, 17, 24		
Friday –	11 half-hour classes	Members: \$132.00	Non-Members: \$198.00
	Class Dates: Jan. 8, 15, 22, 29 Feb. 5, 12, 26 Mar. 5, 12, 19, 26		

*****ONE MAKE-UP CLASS PER SESSION*****
(Please schedule your make-up class with the lifeguard)

Level 1-WATER EXPLORATION - NO PRIOR EXPERIENCE

Mondays: 4:00 – 4:30 OR Wednesdays: 4:00 – 4:30 OR Fridays: 4:00 – 4:30

Level 2A-SWIM READINESS

Mondays: 4:30 – 5:00 OR Wednesdays: 4:30 – 5:00 OR Fridays: 4:30 – 5:00
5:30 – 6:00 5:00 – 5:30 5:30 – 6:00

Level 2B-PRIMARY SKILLS

Mondays: 5:00 – 5:30 OR Wednesdays: 5:30 – 6:00 OR Fridays: 5:00 – 5:30
6:00 – 6:30

Level 3-INDEPENDENT SWIMMING

Mondays: 4:00 – 4:30 OR Wednesdays: 4:00 – 4:30 OR Fridays: 4:30 – 5:00
4:30 – 5:00 4:30 – 5:00

Level 4-STROKE READINESS

Mondays: 5:00 – 5:30 OR Wednesdays: 5:00 – 5:30 OR Fridays: 4:00 – 4:30
5:30 – 6:00 5:00 – 5:30

Level 5-STROKE DEVELOPMENT

Mondays: 5:30 – 6:00 OR Fridays: 5:30 – 6:00

All checks payable to The Community House