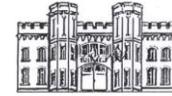


**The City of Frederick
Parks and Recreation Department**



121 North Bentz Street
Frederick, MD 21701
301-600-1492 • www.cityoffrederick.com
Register online at www.activityreg.com

**2012 Summer
Swim Program**

American Red Cross certified swimming lessons, preschool and diving classes at the Thomas Pool in Baker Park. Open to ages 3 - 17.



Session Dates

- Session 1 – June 18 to June 29
- Session 2 – July 2 to July 13
(class will not be held on Wed, July 4)
- Session 3 – July 16 to July 27
- Session 4 – July 30 to August 10

City resident registration begins
March 12, 2012
Non city resident registration begins
March 19, 2012

General Information

- Levels I thru VI are American Red Cross certified classes.
- Parents ARE NOT permitted in the pool area during class.
- Patron registration is limited to 1 session/week per child until May 1. Open multiple session registration begins on May 1, 2012.
- The Rec. Dept. reserves the right to place children in another level if he/she does not meet the necessary skill requirements.
- Minimum of 6 children per class, maximum of 10 children per class (8 for Preschool classes), exceptions may apply.
- No multiple children discount.
- Cash, check or credit card accepted. Make checks payable to “City of Frederick”.
- How to register:
 - 1) On-line at www.activityreg.com
 - 2) in person at the Wm. Talley Rec. Center
 - 3) by mail – complete the registration form and mail with payment to:
City of Frederick Parks and Rec.
121 North Bentz Street
Frederick, MD 21701
Attn: Swim Lesson Registration
 - 4) by phone @ 301-600-1492



Scan the QR code to visit the Recreation Department website and see what all we have to offer you!

The City of Frederick Parks and Recreation Department
2012 Summer Swim Program - Registration Form

Family Information ▼

Address: _____ City: _____ State: _____ Zip Code: _____
Phone: _____ Email: _____

Participant Information ▼

Child's Name _____ Date of Birth _____ Session _____ Level _____ Time _____ Fee _____

1) _____

2) _____

3) _____

Payment ▼

Total Amount Due: \$ _____ Cash: Check: Credit Card: Visa Master Card

Signature: _____ Date: _____ Account #: _____ 3 Digit V Code: _____ Exp. Date: _____

Preschool Classes

- 1 week sessions, M – F, 30 minute class
- Open to swimmers age 3 and 4
- Staff will challenge and stimulate all class participants based upon individual swimming skills
- city resident - \$20 / non city - \$40
** city resident - \$16 / non city - \$32

Class Offered:

**Session 2.1, 7/2 to 7/6	11 & 11:45 AM
Session 2.2, 7/9 to 7/13	11 & 11:45 AM
Session 3.1, 7/16 to 7/20	11 & 11:45 AM
Session 3.2, 7/23 to 7/27	11 & 11:45 AM
Session 4.1, 7/30 to 8/3	11 & 11:45 AM
Session 4.2, 8/6 to 8/10	11 & 11:45 AM

Level I – Intro. To Water Skills

- 2 week sessions, M – F, 45 minute class
- Open to swimmers age 5 to 17
- Child will not put his/her face in the water
Child cannot float on his/her back

• Course Contents:

- Basic water safety rules
- Experience buoyancy/bobbing
- Blow bubbles thru mouth/nose
- Front & back glides & floats

- city resident - \$30 / non city - \$60

<u>Class Offered:</u>	Session 1 – 10 & 11 AM
	*Session 2 – 10 & 11 AM
	Session 3 – 10 & 11 AM
	Session 4 – 9, 10 & 11 AM

Level II – Fundamental Aquatic Skills

- 2 week sessions, M – F, 45 minute class
- Open to swimmers age 5 to 17
- Child will put his/her face in the water
Child can float on his/her back
- Course Contents:
 - Treading water using arm/leg actions
 - Front, jellyfish, and tuck floats
 - Recognizing a swimmer in distress
 - Fully submerge and hold breath

- city resident - \$30 / non city - \$60

<u>Class Offered:</u>	Session 1 – 10 & 11 AM
	*Session 2 – 9, 10 & 11 AM
	Session 3 – 9, 10 & 11 AM
	Session 4 – 9, 10 & 11 AM

Level III – Stroke Development

- 2 week sessions, M – F, 45 minute class
- Open to swimmers age 6 to 17
- Child can bob 10 times
Child can float on front/back for 5 seconds
Child can swim on front and back for 5 yds

• Course Contents:

- Front crawl and elementary backstroke
- Survival float, back float
- Headfirst entries while sitting/kneeling
- Scissor, dolphin & breaststroke kick
- Bobbing while moving to safety
- Rotary breathing

- city resident - \$30 / non city - \$60

<u>Class Offered:</u>	Session 1 – 9 & 11 AM
	*Session 2 – 9, 10 & 11 AM
	Session 3 – 9, 10 & 11 AM
	Session 4 – 9, 10 & 11 AM

*Classes will not be held on
Wednesday, July 4. As a result,
the program fee for Session 2 has
been pro-rated as follows:
city resident - \$27 / non city - \$54

Level IV – Stroke Improvement

- 2 week sessions, M – F, 45 minute class
- Open to swimmers age 6 to 17
- Child can perform front crawl for 15 yds
Child can perform back crawl for 15 yds
Child can tread water/float for 30 seconds

• Course Contents:

- Under water and survival swimming
- Dive from compact & stride position / feet first surface dive
- Breaststroke, elem. backstroke, sidestroke & butterfly

- city resident - \$30 / non city - \$60

<u>Class Offered:</u>	Session 1 – 9 & 10 AM
	*Session 2 – 9 & 10 AM
	Session 3 – 9 & 10 AM
	Session 4 – 9 & 10 AM

Level V – Stroke Refinement

- 2 week sessions, M – F, 45 minute class
- Open to swimmers age 6 to 17
- Child can swim front crawl for 25 yds
Child can swim elem. backstroke for 25 yds
Child can swim breaststroke/
back crawl for 15 yds.

• Course Contents:

- Shallow angle dive from side
- Tuck and pike surface dives
- Front flip and backstroke flip turns
- Front & back crawl, elem. backstroke, breaststroke, sidestroke, & butterfly
- Know the importance of CPR and First Aid

- city resident - \$30 / non city - \$60

<u>Class Offered:</u>	Session 1 – 9:00 AM
	*Session 2 – 9:00 AM
	Session 3 – 9:00 AM

Level VI – Swimming & Skill Proficiency

- 2 week sessions, M – F, 45 minute class
- Open to swimmers age 6 to 17
- Refines the strokes so students swim them with ease, efficiency, power, and smoothness over greater distances. Level VI is designed with menu options. Each of these options focus on preparing students to participate on swim teams and in more advanced courses such as Water Safety Aide, Water Safety Instructor and Lifeguard Training.

• Options Include:

- Personal Water Safety
- Fundamentals of Diving
- Fitness Swimmer

- city resident - \$30 / non city resident - \$60

<u>Class Offered:</u>	Session 1 – 9:00 AM only
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Springboard Diving

- Open to swimmers age 6 to 17
- Child must be able to display basic knowledge of swimming skills in order to register

- city resident - \$30 / non city resident - \$60

<u>Class Offered:</u>	Session 3 – 11:00 AM, all levels
	Session 4 – 11:00 AM, all levels