

# 2017 YOUTH SWIM LESSONS



southern end  
**community  
association**

**YOUTH SWIM LESSONS:** The goal for the SECA Swim Lesson program is to create a safe, controlled swimming environment through education and training. Thousands of students have been trained to swim and enjoy the water through our program. We strive to maintain discipline, order and most of all, a positive attitude with your children. Classes are taught by SECA Shark Swim Team coaches and SECA Lifeguards. Classes held: Mon.-Thurs. (Fri. is a make up day)

**Class Size and Instructor Ratio:**  
3 to 5 year olds - 8 students (4:1 ratio)  
6-12 year olds - 12 students (6:1 ratio)

SESSION #1	JUNE 12-JUNE 23
Class Name	Time
SAND SHARKS	10:00 TO 10:30 AM
TIGER SHARKS	10:10 TO 10:55 AM
WHALE SHARKS	10:20 TO 11:05 AM
SAND SHARKS	10:40 TO 11:10 AM
WHALE SHARKS	11:05 TO 11:50 AM
SAND SHARKS	11:15 TO 11:45 AM
SESSION #2	JUNE 26-JULY 7
Class Name	Time
SAND SHARKS	10:00 TO 10:30 AM
WHALE SHARKS	10:10 TO 10:55 AM
SAND SHARKS	10:40 TO 11:10 AM
TIGER SHARKS	11:05 TO 11:50 AM
BLUE SHARKS	11:20 TO 11:50 AM
SESSION #3	JULY 10- JULY 21
Class Name	Time
SAND SHARKS	10:00 TO 10:30 AM
TIGER SHARKS	10:10 TO 10:55 AM
GREAT WHITE SHARKS	10:20 TO 11:05 AM
SAND SHARKS	10:40 TO 11:10 AM
WHALE SHARKS	11:05 TO 11:50 AM
BLUE SHARKS	11:15 TO 11:45 AM
SESSION #4	JULY 24 -AUG. 4
Class Name	Time
BLUE SHARKS	10:00 TO 10:30 AM
WHALE SHARKS	10:10 TO 10:55 AM
TIGER SHARKS	10:20 TO 11:05 AM
MAKO SHARKS	10:40 TO 11:10 AM
GREAT WHITE SHARKS	11:05 TO 11:50 AM
BLUE SHARKS	11:15 TO 11:45 AM

LESSON DESCRIPTION AGES 3 TO 5:
<b>Sand Sharks (Beginner)</b> – Develop safe pool behavior and adjust to the water. Swimmers will work on the basic skills of kicking, paddling, and going under water.
<b>Blue Sharks (Intermediate)</b> – Swimmers will learn to move through water independently. Swimmers will be taught to float and paddle without a float belt.
<b>Mako Sharks (Advanced)</b> – Swimmers will improve stroke skills, build endurance and learn to tread water. Swimmers will also learn sitting and kneeling dives.

LESSON DESCRIPTION AGES 6 TO 12:
<b>Tiger Sharks (Beginner)</b> – Children become acquainted with the water, use flotation devices, and learn to float and paddle.
<b>Whale Sharks (Intermediate)</b> – Swimmers build upon basic skills, float and tread water. Will swim front/back crawl and side-stroke. Swimmers will begin to gain confidence in deeper water.
<b>Great White Sharks (Advanced)</b> – Swimmers further refine and build endurance in front crawl using rotary breathing, backstroke, elementary backstroke, side stroke and diving skills. Swimmers will be introduced to breast stroke, butterfly and basic water rescue skills.

# Registration Form ~ Return to SECA

## SECA COMMUNITY POOL 2017 SECA YOUTH SWIM LESSONS REGISTRATION FORM

**\*ONE FORM PER SWIMMER/STUDENT PLEASE  
LESSON FEE IS \$65 PER SESSION FOR EACH CHILD**

\*\*\*Return Check Fee of \$30.00\*\*\*

\*SWIMMER'S NAME \_\_\_\_\_

PARENT'S NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

MAIN PHONE # \_\_\_\_\_ ALTERNATE # \_\_\_\_\_

BOROUGH/TOWNSHIP \_\_\_\_\_

EMAIL \_\_\_\_\_

DOB \_\_\_\_\_ AGE \_\_\_\_\_ GENDER \_\_\_\_\_ FEE \_\_\_\_\_

**SELECT (x) YOUR CHOICE FOR THE FOLLOWING:**

**SESSION: #1** \_\_\_\_\_

CLASS: SAND SHARKS \_\_\_\_\_ TIGER SHARKS \_\_\_\_\_  
WHALE SHARKS \_\_\_\_\_

TIME OF CLASS: \_\_\_\_\_ 2<sup>ND</sup> TIME CHOICE \_\_\_\_\_

**SESSION #2** \_\_\_\_\_

CLASS: SAND SHARKS \_\_\_\_\_ TIGER SHARKS \_\_\_\_\_  
WHALE SHARKS \_\_\_\_\_ BLUE SHARKS \_\_\_\_\_

TIME OF CLASS: \_\_\_\_\_ 2<sup>ND</sup> TIME CHOICE \_\_\_\_\_

**SESSION #3** \_\_\_\_\_

CLASS: SAND SHARKS \_\_\_\_\_ TIGER SHARKS \_\_\_\_\_  
WHALE SHARKS \_\_\_\_\_ BLUE SHARKS \_\_\_\_\_  
GREAT WHITE SHARKS \_\_\_\_\_

TIME OF CLASS: \_\_\_\_\_ 2<sup>ND</sup> TIME CHOICE \_\_\_\_\_

**SESSION #4** \_\_\_\_\_

CLASS: BLUE SHARKS \_\_\_\_\_ WHALE SHARKS \_\_\_\_\_  
MAKO SHARKS \_\_\_\_\_ GREAT WHITE SHARKS \_\_\_\_\_  
TIGER SHARKS \_\_\_\_\_

TIME OF CLASS: \_\_\_\_\_ 2<sup>ND</sup> TIME CHOICE \_\_\_\_\_

**MAKE CHECK PAYABLE TO: SECA**  
**P.O. BOX 67**  
**QUARRYVILLE, PA 17566**  
**seca@epix.net**

