

2019 YOUTH SWIM LESSONS

SESSION #1	JUNE 17-JUNE 27
Class Name	Time
SAND SHARKS	10:00 TO 10:30AM
TIGER SHARKS	10:10 TO 10:55AM
WHALE SHARKS	10:20 TO 11:05AM
SAND SHARKS	10:40 TO 11:10AM
WHALE SHARKS	11:05 TO 11:50AM
SAND SHARKS	11:15 TO 11:45AM
SESSION #2	JULY 1-JULY 11
Class Name	Time
SAND SHARKS	10:00 TO 10:30AM
WHALE SHARKS	10:10 TO 10:55AM
SAND SHARKS	10:40 TO 11:10AM
TIGER SHARKS	11:05 TO 11:50AM
BLUE SHARKS	11:20 TO 11:50AM
SESSION #3	JULY 15-JULY 25
Class Name	Time
SAND SHARKS	10:00 TO 10:30AM
TIGER SHARKS	10:10 TO 10:55AM
GREATWHITE SHARKS	10:20 TO 11:05AM
SAND SHARKS	10:40 TO 11:10AM
WHALE SHARKS	11:05 TO 11:50AM
BLUE SHARKS	11:15 TO 11:45AM
SESSION #4	JULY 29-AUG. 8
Class Name	Time
BLUE SHARKS	10:00 TO 10:30AM
WHALE SHARKS	10:10 TO 10:55AM
TIGER SHARKS	10:20 TO 11:05AM
MAKO SHARKS	10:40 TO 11:10AM
GREATWHITE SHARKS	11:05 TO 11:50AM
BLUE SHARKS	11:15 TO 11:45AM



FEE: \$65 per session
Please Make Check Payable to:
SECA, P.O. Box 67, Quarryville, PA 17566

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 (4:1ratio)
 6 to 12 year olds -12 students (6:1ratio)

Questions: (717)806-0123 or seca@epix.net

Registration Form-Return to SECA

SECA COMMUNITY POOL 2019 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: _____ 2nd TIME CHOICE _____

SESSION #2 _____

CLASS: SAND SHARKS _____ TIGER SHARKS _____
 WHALE SHARKS _____ BLUE SHARKS _____

TIME OF CLASS: _____ 2nd TIME CHOICE _____

SESSION #3 _____

CLASS: SAND SHARKS _____ TIGER SHARKS _____
 WHALE SHARKS _____ BLUE SHARKS _____
 GREAT WHITE SHARKS _____

TIME OF CLASS: _____ 2nd TIME CHOICE _____

SESSION #4 _____

CLASS: BLUE SHARKS _____ WHALE SHARKS _____
 MAKO SHARKS _____ GREAT WHITE SHARKS _____
 TIGER SHARKS _____

TIME OF CLASS: _____ 2nd TIME CHOICE _____

I also permit the Southern End Community Association to use any photographs or videotape of me or my child(ren) for promotional purposes.

Parent Initials: _____

LESSON DESCRIPTION AGES 3 TO 5:	LESSON DESCRIPTION AGES 6 TO 12:
Sand Sharks (Beginner) – Develop safe pool behavior and adjust to the water. Swimmers will work on the basic skills of kicking, paddling, and going underwater.	Tiger Sharks (Beginner) – Children become acquainted with the water, use flotation devices, and learn to float and paddle.
Blue Sharks (Intermediate) – Swimmers will learn to move through water independently. Swimmers will be taught to float and paddle without a float belt.	Whale Sharks (Intermediate) – 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.
Mako Sharks (Advanced) – Swimmers will improve stroke skills, build endurance and learn to tread water. Swimmers will also learn sitting and kneeling dives.	Great White Sharks (Advanced) – Swimmers further refine and build endurance in front crawl using rotary breathing, backstroke, elementary backstroke, sidestroke and diving skills. Swimmers will be introduced to breaststroke, butterfly and basic water rescue skills.