



Boys & Girls Club of Santa Cruz

The Boys & Girls Club of Santa Cruz is a youth guidance organization dedicated to promoting the educational, vocational, social & character development of girls and boys ages 6 to 18. The Club is the only youth service organization in the greater Santa Cruz area that provides daily drop-in programs five days a week.

Striving to help youth improve their lives, the Club offers programs that build self-esteem and develop values and skills during the critical periods of growth.

The annual membership is \$15.00 per youth for the calendar year.

**For more information about the Club
please visit our website at
www.boysandgirlsclub.info**

or call us at 831-423-3138

**Boys & Girls Club of Santa Cruz
P.O. Box 873
Santa Cruz, CA 95061**



Boys & Girls Club of Santa Cruz

Swim Lessons



**www.boysandgirlsclub.info
831-423-3138 ext. 25**

SWIM LESSONS

The Boys & Girls Club of Santa Cruz is offering the **AMERICAN RED CROSS SWIMMING LESSONS**. Classes are offered: **Saturdays, see schedule for times.** Levels 2-6 are offered. The Swim Lesson Cost is \$20 per session for 3 (45 minute) group lessons and \$35 per **PRIVATE** lesson or \$85 per session for 3 (30 minute) **PRIVATE** lessons.

**For more information:
423-3138 ext. 25**

Sign-ups are on a first come, first serve basis. There are no refunds.

SPACES ARE LIMITED

- Sign-ups on-going until classes are full.

Session 1: April 17, 24, May 1

Please note: Session 1 Registration begins March 29

Class times are 10:00 am, 11:00 am,
12:00 pm and 1:00pm

**Please contact Brenda at
brenda@boysandgirlsclub.info or**

831-423-3138 ext.25 to sign up for a class

PARENTS:

Swimmers more than 5 minutes late will **NOT** be allowed in class. **No exceptions!**

Make up tests must be arranged with instructor prior to test date. Make ups do not get a review lesson so only the test will be given.

Level 2: Primary Skills. Enter and exit water by stepping or jumping from the side, Fully submerge and hold breath, Bobbing, Open eyes under water and retrieve submerged objects, Front, jellyfish and tuck floats, Front and back glides and floats, Recover to vertical position, Roll from front to back and back to front, Change direction of travel while swimming on front or back, Tread water using arm and leg actions, Combined arm and leg actions on front and back, Fanning arm action, Learn how to stay safe, including recognizing an emergency, knowing how to call for help and perform simple nonswimming assists, Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety, Learn to look carefully before entering the water, Learn what to think about and do when exhausted or caught in a dangerous situation

Level 3: Stroke Readiness. Enter water by jumping from the side, Head-first entries from the side in sitting and kneeling positions, Bobbing while moving toward safety, Rotary breathing, Survival float, Back float, Change from vertical to horizontal position on front and back, Tread water, Flutter, scissor, dolphin and breaststroke kicks on front, Front crawl and elementary backstroke, Learn to look carefully before entering the water, Learn to perform simple nonswimming assists, Learn to recognize, prevent and respond to cold water emergencies

Level 4: Stroke Development. Headfirst entries from the side in compact and stride positions, Swim under water, Feet-first surface dive, Survival swimming, Front crawl and backstroke open turns, Tread water using 2 different kicks, Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly, Flutter and dolphin kicks on back, Learn to look carefully before entering the water, Learn what to think about and do when exhausted or caught in a dangerous situation, Learn to perform simple nonswimming assists, Learn about recreational water illnesses and how to prevent them

Level 5: Stroke Refinement. Shallow-angle dive from the side then glide and begin a front stroke, Tuck and pike surface dives, submerge completely, Front flip turn and backstroke flip turn while swimming, Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly, Sculling, Learn to look carefully before entering the water, Learn what to think about and do when exhausted or caught in a dangerous situation, Learn to perform simple nonswimming assists, Learn about recreational water illnesses and how to prevent them, Learn how to call for help and the importance of knowing first aid and CPR, Learn basic safety guidelines for participating in aquatic activities at waterparks

Level 6: Stroke Proficiency. Personal Water Safety Increase endurance while performing the following strokes: Front crawl-100 yards, Back crawl-100 yards, Butterfly-50, yards, Elementary backstroke-50 yards, Breaststroke-50 yards, Sidestroke-50 yards, Demonstrate the following turns while swimming: Front crawl open turn, Backstroke open turn, Sidestroke turn, Front flip turn, Backstroke flip, Butterfly Turn, Breaststroke Turn, Tread water, kicking only, in deep water (2 minutes) ,Demonstrate a feet-first surface dive and retrieve and object from a depth of 7 feet, Demonstrate the HELP position (2 minutes), Demonstrate the huddle position (2 minutes), Demonstrate a survival float in deep water (5 minutes), Demonstrate a back float in deep water (5 minutes), Demonstrate survival swimming (10 minutes) ,Swim while clothed, using any type of stroke if time permits, Demonstrate self-self-rescue techniques while clothed if time permits, Discuss basic safety rules for open water environment and boating

Fitness Swimmer Endurance swimming and demonstration of turns same as personal water safety, fitness swimmers must demonstrate etiquette in fitness swimming, Discuss and demonstrate how to use the following equipment while swimming: Pull buoy, Fins, Pace clock, Paddles, Describe the principles of setting up a fitness program, Demonstrate various training techniques, Calculate target heart rate, Apply the principles of water exercise

Swim Lesson Registration Form

Participant's Name _____	Gender _____	Age _____
Address _____	City _____	Zip _____
Home Phone _____		
Parents Name _____		Work Phone _____
Alternative Emergency Contact _____		Phone _____

I'd like to sign up for the following Session #: _____

Group Lesson _____ Private Lesson _____

Level 2: _____ Level 5: _____

Level 3: _____ Level 6: _____
Personal Water Safety _____
Fitness Swimmer _____

Level 4: _____

Swimmer's Signature _____	Date _____
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Helpful Hints for Swim Lessons:

We have found that kids learn more effectively without their parent's presence. Please use the bathroom prior to class.

If you have any questions or concerns please feel free to call Brenda at the Club, 423-3138 ext. 25. Do not bring your child if he/she is sick, has a rash, open cuts or sores.

Parent's Signature _____	Date _____
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How did you hear about us?

_____ Returning	_____ School
_____ Flyer	_____ Newspaper
_____ Friend	_____ Other

The Swim Lesson Cost is \$20 per session for 3 (45 minute) lessons.

Current Club Membership is also required.

