

HURLEY REC – 2010 SUMMER SEASON

INFORMATION TO REGISTER FOR

CHILDREN'S SWIMMING LESSONS – CHILDREN'S TENNIS LESSONS & "REC RATS" ORGANIZED RECREATION PROGRAM

To Register your child(ren), please fill out the attached form, one for each child, and indicate your class selections. Every effort will be made to accommodate your preferences. Please mail the completed form and your payment to the Hurley Rec, PO Box 58, Hurley, NY 12443 or register in person on JUNE 5TH at 10 am at the pool. Thanks again for your interest in the Hurley Rec!

Session Dates:

Session **One** – June 28th to July 9th

Session **Two** – July 12th to July 23th

Session **Three** – July 26th to August 6th

Class Descriptions and Prices:

Morning Swim Lessons – 30 minute lessons held Mon-Fri for two week sessions. Indicate your first choice for the time of the lesson: 10, 10:30, 11 or 11:30 am. Total of 5 hours of instruction. Mommy & Me only offered at 11:30 am.

Evening Swimming Lessons – 5 hours of instruction comprised of six 50 minute lessons held Monday, Tuesday and Thursday evenings for two week sessions. Indicate your first choice for the time of the lesson: 5:25 pm or 6:15 pm.

Children's Tennis Lessons -30 minute lessons held Mon-Fri for two week sessions. Indicate your first choice for the time of the lesson: 10 AM Beginner Class, 10:30 Advanced Beginner, 11 Beginner and 11:30 Advanced/Intermediate.

Fee for Children's Swimming and Tennis Lessons are \$30 for members or \$60 for non-members.

Rec Rats Program - Available for Members Only. For ages 10 and older. Program run by Rec's staff and consists of organized outdoor recreational activities which includes basketball, nature trail/hiking on property, volleyball, kickball, soccer, recreational swimming games and much more. Program held on Monday, Tuesday and Thursday afternoons from 1 pm to 4 pm for two weeks. Cost \$40/child per session. **Limit 20 children per session.**

Swimming Lesson Skill Level Descriptions (Thanks To Vicki Kolano):

Parent/Child (“Mommy & Me”) – Note Class will be at 11:30 AM only:

“Prerequisites”: None!

Skills/Goals:

- Kicking
- Freestyle Arm Motions
- Bubbles/Underwater
- Diving Board Confidence!

Beginner:

“Prerequisites”: Ability to sit on stairs while instructors are working with other students.

Skills/Goals:

- Blowing bubbles/underwater/face in
- Floating (belly and back).
- Kicking
- **BIG GOAL: Swimming Freestyle without any help!
- Jumping in from the side
- Diving board confidence!

Advanced Beginner:

“Prerequisites”: Freestyle with face in, no help. Floating on belly and back (back can be minimal).

Skills/Goals:

- Backstroke
- Elementary Backstroke
- Butterfly
- Treading Water (minimal, maybe 30 seconds, that might even be too much)
- Submerging more than just “dunking” (diving sticks!!)
- Diving
- Diving Board Confidence!
- Diving board to ladder alone!

Intermediate:

“Prerequisites”: Level 2 skills.

Skills/Goals:

- Improvement on competitive strokes
- Breaststroke
- Treading Water (longer)
- Diving sticks in deeper water.
- Swimming from diving board to shallow end (one full lap, which is also the requirement for swim team! Use this as an incentive and do some recruiting!)
- Diving from the diving board or diving blocks
- Introduce idea of relays

NOTE – ONE CHILD PER REGISTRATION FORM – THANKS Member? Circle Yes or No

Parent's Name: _____ Phone No. _____

Email: _____ Cell Phone: _____

Child's Name: _____ Age: _____

Circle Session: **SESSION ONE** **SESSION TWO** **SESSION THREE**
Circle Class: **MORNING SWIM** **EVENING SWIM** **TENNIS(AM ONLY)** **REC RATS**
Circle Time: **10am** **10:30 am** **11 am** **11:30 am** **5:25 pm** **6:15 pm**
Circle Level: **Mommy & Me** **Beginner** **Advanced Beginner** **Intermediate**

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Circle Class: **MORNING SWIM** **EVENING SWIM** **TENNIS** **REC RATS**
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Please note – you will be notified if your preferences cannot be accommodated. Thanks