

# Spring & Summer Swim Lesson Schedule

Sessions consist of eight, 35-minute classes. Each session includes one day of basic water safety skills. Children should be able to perform all skills of the previous level before moving on to a higher level. For safety reasons, all class sizes are limited to a maximum number of participants. Classes may be canceled due to low enrollment. Instructors may move children to a different level class if the child is unable to participate in the skill level of the registered class.

Please contact the Aquatics Supervisor if health conditions warrant additional accommodations for participation. Registration is on a first-come, first-serve basis.

**Resident Fee: \$55**  
**Non-Resident: \$60**

## Spring 2008 Swim Lesson Schedule

### North Point

#### Session 1 • (8 weeks)

##### Sun • Mar 30-May 18

Preschool 2	4:30	610
Infant/Toddler	4:30	611
Preschool 1	5:15	612
Level 2	5:15	613
Preschool 3	6:00	614
Level 1	6:00	615
Level 3	6:00	616
Preschool 1	6:45	617
Adult Adv	6:45	618
Level 4/5	6:45	619

#### Session 2 • (4 weeks)

##### Tue/Thu • Apr 1-24

Preschool 1	6:30	620
Level 2	6:30	621
Level 1	7:15	622
Preschool 2	7:15	623
Adult Beg	8:00	624
Level 4/5	8:00	625

#### Session 3 (4 weeks)

##### Tue/Thu • May 6-29

Infant/Toddler	6:30	630
Level 2	6:30	631
Preschool 3	7:15	632
Level 4	7:15	633
Adult Adv	8:00	634
Level 3	8:00	635

#### Session 4 (2 weeks)

##### Mon-Thu • Jun 2-12

Preschool 2	6:30	640
Level 1	6:30	641
Preschool 1	7:15	642
Level 2	7:15	643
Adult Beg	8:00	644
Level 5	8:00	645

### Lackey

#### Session 1 (8 weeks)

##### Sat • Mar 29-May 17

Level 4/5	9:45	610
Preschool 1	9:45	611
Preschool 3	9:45	612
Level 3	10:30	613
Preschool 1	10:30	614
Level 1	10:30	615
Level 2	11:15	616
Preschool 2	11:15	617
Infant/Toddler	11:15	618

#### Session 2 (4 weeks)

##### Mon/Wed • Apr 7-30

Preschool 1	5:45	619
Level 2	5:45	620
Level 3	5:45	621
Level 1	6:30	622
Preschool 2	6:30	623
Level 2	6:30	624
Level 1	7:15	625
Preschool 3	7:15	626
Preschool 2	7:15	627
Level 3	8:00	628
Level 4	8:00	629

#### Session 3 (4 weeks)

##### Mon/Wed • May 5-28

Infant/Toddler	5:45	630
Preschool 1	5:45	631
Level 1	6:30	632
Level 2	6:30	633
Preschool 2	7:15	634
Level 3	7:15	635
Adult Beg	8:00	636
Adult Adv	8:00	637

#### Session 4 (2 weeks)

##### Mon-Thu • Jun 2-12

Preschool 1	5:45	639
Level 1	5:45	640
Level 3	5:45	641
Preschool 3	6:30	642
Preschool 2	6:30	643
Level 2	6:30	644
Preschool 1	7:15	645
Level 3	7:15	646
Level 4/5	7:15	647
Level 1	8:00	648
Level 2	8:00	649

## School/Pool Codes

Circle the proper code on the registration form

**80LK = Lackey**

**80NP = North Point**

**80LP = La Plata**

**80MD = McDonough**

**80TS = Thomas Stone**

Use the listings and class descriptions shown to determine your registration requirements. The correct suffix is needed to determine the class level and time of the lesson.

## Summer 2008 Swim Lesson Schedule

### Session 1

#### Mon-Thu • Jun 16-26

##### La Plata (80LP), McDonough (80MD), Thomas Stone (80TS)

Level 1	9:30	101
Level 3	9:30	102
Preschool 1	10:15	103
Level 2	10:15	104
Preschool 1	11:00	105
Preschool 2	11:00	106
Preschool 1	4:45	107
Level 4/5	4:45	108
Preschool 2	5:30	109
Level 1	5:30	110
Preschool 3	6:15	111
Level 2	6:15	112
Preschool 1	7:00	113
Level 3	7:00	114

##### Lackey (80LK), North Point (80NP)

Infant/Toddler	6:00	101
Preschool 1	6:00	102
Level 2	6:00	103
Preschool 1	6:45	104
Level 1	6:45	105
Level 4/5	6:45	106
Preschool 2	7:30	107
Level 1	7:30	108
Level 3	7:30	109

### Session 3

#### Mon-Thu • Jul 14-24

##### La Plata (80LP), McDonough (80MD), Thomas Stone (80TS)

Level 2	9:30	301
Level 3	9:30	302
Preschool 3	10:15	303
Level 4/5	10:15	304
Preschool 2	11:00	305
Preschool 1	11:00	306
Preschool 1	4:45	307
Level 3	4:45	308
Infant/Toddler	5:30	309
Preschool 3	5:30	310
Level 1	6:15	311
Level 2	6:15	312
Preschool 2	7:00	313
Level 2	7:00	314

##### Lackey (80LK), North Point (80NP)

Preschool 2	6:00	301
Level 2	6:00	302
Level 5	6:00	303
Preschool 2	6:45	304
Level 1	6:45	305
Level 4	6:45	306
Preschool 1	7:30	307
Level 3	7:30	308
Adult Adv	7:30	309

### Session 2

#### Mon-Thu • Jun 30-Jul 10

##### La Plata (80LP), McDonough (80MD), Thomas Stone (80TS)

Preschool 1	9:30	201
Level 3	9:30	202
Preschool 3	10:15	203
Level 4/5	10:15	204
Infant/Toddler	11:00	205
Preschool 1	11:00	206
Preschool 2	4:45	207
Level 2	4:45	208
Preschool 1	5:30	209
Level 4/5	5:30	210
Preschool 2	6:15	211
Level 2	6:15	212
Preschool 1	7:00	213
Level 1	7:00	214

##### Lackey (80LK), North Point (80NP)

Preschool 1	6:00	201
Level 1	6:00	202
Level 4/5	6:00	203
Preschool 2	6:45	204
Level 2	6:45	205
Level 3	6:45	206
Preschool 3	7:30	207
Level 2	7:30	208
Adult Beg	7:30	209

### Session 4

#### Mon-Thu • Jul 28-Aug 7

##### La Plata (80LP), McDonough (80MD), Thomas Stone (80TS)

Level 1	9:30	401
Level 2	9:30	402
Preschool 1	10:15	403
Preschool 3	10:15	404
Level 3	11:00	405
Preschool 2	11:00	406
Preschool 2	4:45	407
Level 2	4:45	408
Level 3	5:30	409
Preschool 1	5:30	410
Preschool 2	6:15	411
Level 4/5	6:15	412
Level 1	7:00	413
Level 2	7:00	414

##### Lackey (80LK), North Point (80NP)

Preschool 1	6:00	401
Preschool 3	6:00	402
Level 1	6:00	403
Infant/Toddler	6:45	404
Level 2	6:45	405
Level 3	6:45	406
Preschool 2	7:30	407
Level 1	7:30	408
Adult Beg	7:30	409

**For water aerobics, lifeguard classes, or other information, please call the Aquatics offices listed below, or visit our website at [www.charlescounty.org/cs](http://www.charlescounty.org/cs)**

**Indoor Community Pool at Lackey: 301-743-2470 or 301-753-6003 • Fax: 301-743-9218 • 3000 Chicamuxen Road • Indian Head**  
**Indoor Community Pool at North Point: 301-934-7475 • Fax: 301-934-7474 • 2500 Davis Road • Waldorf**

**Department of Community Services • 8190 Port Tobacco Rd, Port Tobacco, MD 20677 • 301-934-9305 • 301-870-3388 • 301-932-6004**  
MD Relay Service: 711 • Relay Service TDD: 1-800-735-2258 • Equal Opportunity County • Say No To Drugs • [www.CHARLESCOUNTY.org/cs](http://www.CHARLESCOUNTY.org/cs)



**Infant/Toddler • Age 6-36 mos**

Requirements: Parent or guardian to accompany child in water. Skills: Designed to teach parents the skills and techniques to encourage and develop a comfort level for young children in and around water. Classes include guided instructional teaching, as well as individual parent and child water exploration.

**Preschool 1 • Age 3-5**

Skills: Designed to orient young children to water safety and provide an introduction to basic swimming skills. Includes submerging, floating, kicking, bobbing, using arms on both stomach and back.

**Preschool 2 • Age 3-5**

Requirements: Must have successfully completed Preschool 1 skills. Must be able to fully submerge head, and be comfortable with the water. Skills: Course works on floating, and introduces combined stroke (arms/legs) on both stomach and back.

**Preschool 3 • Age 3-5**

Requirements: Must have successfully completed Preschool 2 skills. Must be comfortable with underwater swimming, able to float unsupported, and swim 5 yds on stomach and back by themselves. Skills: Continues with combined stroke on stomach and back, introduction of elementary back stroke, deep water skills.

**Level 1**

Requirements: Designed for non-swimmers. Course is an introduction to water safety and basic swimming skills. Includes submerging, floating, kicking, bobbing, alternate arm action.

**Level 2**

Requirements: Must have successfully completed Level 1 skills. Must be able to fully submerge head and be comfortable with the water. Skills: Course works on floating, and introduces combined stroke (arms/legs) on both stomach and back.

**Level 3**

Requirements: Must have successfully completed Level 2 skills or Preschool 3. Must be comfortable with underwater swimming, able to float, and swim 15 yds on stomach and back. Skills: class builds on acquired combined stroke on stomach and back. Adds deep water skills, elementary backstroke, and beginner diving.

**Level 4**

Requirements: Must have successfully completed Level 3 skills. Must be able to swim 25 yds (one length of pool) front crawl, and back crawl. Skills: Refine technique of previous skills. Front and back crawl, elementary backstroke, breast-stroke and sidestroke emphasized. Also improves diving from standing position.

**Level 5**

Requirements: Must have successfully completed Level 4 skills. Must be able to swim 50 yds (2 pool lengths) of front and back crawl. Must be able to correctly demonstrate elementary backstroke, breaststroke, and sidestroke. Skills: Class builds on skills from previous levels and refines strokes of front crawl, backstroke, breaststroke, sidestroke, and diving. Also learn basic butterfly stroke.

**Adult Beginner • Age 16+**

Requirements: For non-swimmers. Skills: Gain confidence in and around water. Focus on submerging, floating, kicking, bobbing, and alternate arm action, and putting it together with combined stroke.

**Adult Advanced • Age 16+**

Requirements: Must be able to fully submerge head, float, and be comfortable in water. Skills: Course teaches combined stroke (arms/legs) on both stomach and back. Class builds on acquired skills and adds deep water skills, elementary backstroke kick, and treading water.

**School/Pool Codes**

Circle the proper code on the registration form

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Thunderstorm policy: All patrons will be cleared from all pools after the first sight or sound of an approaching thunderstorm. The pools will remain cleared for a full 30 minutes after the last clap of thunder or sight of lightning.

**Swim Lesson Registration**

Please Print • One Form Per Participant • Make checks payable to Charles County Commissioners

This section must be completed—If participant is a minor, this section should list parent or guardian information.

Name		Phone #:	Home	Work	Cell
Mailing Address			City	State	Zip
<b>COUNTY:</b>	Emergency Contact Name		Emergency Contact Phone		

Participant/Child's Information			Age	Date of Birth
First Name	Last Name		Sex (circle)	Male Female
Special Health			School Currently Attending	

Registration Information									
1. Lesson Title	Session Code	Site (circle)	LK	NP	LP	MD	TS		
Session Dates	Time	<b>Resident Fee: \$55; Non-Resident: \$60</b>							
2. Lesson Title	Session Code	Site (circle)	LK	NP	LP	MD	TS		
Session Dates	Time	<b>Resident Fee: \$55; Non-Resident: \$60</b>							
3. Lesson Title	Session Code	Site (circle)	LK	NP	LP	MD	TS		
Session Dates	Time	<b>Resident Fee: \$55; Non-Resident: \$60</b>							

Your signature acknowledges that you have read and understand the paragraph listed to the right.

**Signature** \_\_\_\_\_  
**Date** \_\_\_\_\_

No confirmations will be sent. You may assume you are registered unless otherwise contacted. The Department of Community Services is not responsible for program cancellations due to Charles County Public Schools programming. I agree to participate or to allow my child to participate in these programs knowing that safety precautions will be taken but realizing that the Charles County Department of Community Services does not have accident insurance for participants. I do hereby release and hold harmless Charles County, Maryland, its officials, employees, instructors, and volunteers from any and all liabilities arising from any injuries that might occur during the supervised programs. I also authorize the Department of Community Services to take photographs of me/my child for promotional and/or educational purposes. I hereby state and declare that this information is freely, willingly, and voluntarily made.

**Make checks payable to: Charles County Commissioners**

OFFICE USE ONLY	Cash	Check	M/O	M/C	Visa	Staff Initials	Reg #		W/I	M	PH	FX
Check/Card Name	Total		\$	Date Entered		HA	HE	MA	NCC	PI	SM	
Check/Card #				Card Exp.		SO	ST	WA	DCS	LK	NP	