



Cornwall-Lebanon School District
John W. Davis Natatorium
Summer 2021

Chris Seldomridge, Aquatics Coordinator

cseldomridge@clsd.k12.pa.us

Dawn Smith, Swim Instructor

daydreamer4917088@yahoo.com

Swimming Lessons



Ages 3 – 10, three different levels, call for confirmation if older

"Little Falcon Swim Lessons"

Under the direction of Dawn Smith.

Reserve your spot online under the community tab

[Aquatics Schedule – Cornwall-Lebanon School District \(clsd.k12.pa.us\)](https://clsd.k12.pa.us)

Little Falcon Swim Lessons

Fee: \$48.00 three weeks six sessions

Fee: \$24.00 three Saturdays three sessions

Register for the group most fits your child's level of swimming. Instructors will review water safety and water skills and then progress into stroke development.

Session 1 – June 2021

June 15, 17, 22, 24, 29 and July 1 (six instructional classes – 30 minutes each) Tuesday/ Thursday

June 12, 19 and 26 (three instructional classes- 30 minutes each) Saturday

Session 2 – July 2021

July 13, 15, 20, 23, 27 and 29 (six instructional classes – 30 minutes each) Tuesday/ Thursday

July 17, 24 and 31 (three instructional classes- 30 minutes each) Saturday

Class Guppies: Tuesday 5:00 pm - 5:30 pm / Thursday 5:00 pm - 5:30 pm and/or Saturday 9:00 am- 9:30 am

❖ **Ages 2 – 3 Basic Entry Level / 2 instructors to 3 swimmers**

- Exploring the water by singing interactive songs with movement in the water
- Exploring blowing bubbles
- Exploring laying on our back with support and assistance
- Exploring our kick and hand paddles in the water

Class Nemo: Tuesday 5:45 pm - 6:15 pm / Thursday 5:45 pm - 6:15 pm and/or Saturday 9:45 am- 10:15 am

❖ **Ages 4 and up Beginner / Limit of 3 students per instructor**

- Becoming more comfortable in the water and putting face in water
- Blowing bubbles, submerging mouth, nose, and eyes
- Floating on front and back with support
- Kicking on your belly and back with support
- Alternating arm movements on front and back
- Entering and exiting the pool

Class Dory: Tuesday 6:30 pm – 7:00 pm / Thursday 6:30 pm – 7:00 pm and/or Saturday 10:30 am – 11:00 am

Ages 5-8 middle - has had some lesson / 4 swimmers to 1 instructor

***We ask that longer hair be tied up or back to avoid distractions as they are progressing in the water**

***We also strongly encourage goggles.**

- Submerging mouth, nose and eyes and complete head under water
- Push off the wall – no assistance.
- Float on front and back unassisted for 10 seconds
- Flutter kicking with board front and back for 10 yards unassisted.
- Rotation of arms and legs for freestyle/backstroke
- Jumping into the water unassisted
- Sit dive

Class Marlin: Tuesday 7:15 pm -7:45 pm / Thursday 7:15 pm -7:45 pm and/or Saturday 11:15 pm – 11:45 pm

Ages 7-10 Advanced Highest Level / 4 swimmers to 1 instructor

***We ask that longer hair be tied up or back to avoid distractions as they are progressing in the water**

***We also strongly encourage goggles.**

- Float on belly 3 seconds – roll to back 3 seconds unassisted
- Kick with board full length of pool
- Freestyle with side breathing – 10 yards
- Backstroke – 10 yards
- Progressing sit dive/ kneeling dive/ standing dive.
- Jump into the deep end without support and come back up to the surface and swim to the side of pool.

Private Lessons for 40 minutes available upon request.

Class rules: any child disrupting or misbehaving i.e. screaming, hitting, biting, choking, grabbing, not following directions may be asked to leave the class early or all-together. One on one classes are also an option. Ask for more information.

If your child requires special needs, please contact Dawn Smith daydreamer4917088@yahoo.com to discuss options.

If you would like to take pictures or video of your child; **Permission is Required from the instructors!!**

2021 Summer Swimming Lesson Registration Form

Name of student (Please Print): _____ Age: _____

Class (Circle one): _____ Fee per class: \$48 six classes Tuesday/Thursday or \$24 three classes Saturday

June: GUPPIES NEMO DORY MARLIN

July: GUPPIES NEMO DORY MARLIN

Parent name (please print): _____

Address (please print): _____

Phone Number: _____ Email address: _____

Return completed registration.

Reserve your spot online: [Aquatics Schedule – Cornwall-Lebanon School District \(ccls.district.k12.pa.us\)](https://ccls.district.k12.pa.us/aquatics-schedule)

and make payment to:

Cornwall-Lebanon School District, Attn: Chris Seldomridge

105 East Evergreen Road

Lebanon, PA 17042

Make checks payable to: Cornwall-Lebanon School District

Class size is limited. Registrations will be processed in the order they are received. A confirmation will be emailed to you approximately one week prior to the start of the selected lesson. All lessons must be prepaid. Classes with only a few students may be combined with another class at a different time.
