

## **Bulldog Swimming Lessons**

### **July 4 - July 14 Monday-Thursday**

Level 1 & 2 :	9:15-10:00 AM	16 Student Max
Level 2 & 3:	10:10:10:55 AM	16 Student Max

### **July 18 - July 28 Monday-Thursday**

Level 1 & 2 :	9:15-10:00 AM	16 Student Max
Level 2 & 3:	10:10:10:55 AM	16 Student Max

**\*\*\* Lesson Levels may be adapted in order to accommodate the needs of our community and students.\*\*\***

Students enrolling in Bulldog swimming lessons will participate in a curriculum that closely follows the American Red Cross course. Classes will be split into different ability level groups so that all students can learn and grow at their own pace. In order to determine what level your child should be in please refer to the level descriptions below.

**Level 1:** Must be 4 years of age, and tall enough to touch in 3 feet of water.

**Level 2:** Must be able to enter the water independently, put face in the water, travel 5 yards, and do a front glide, and roll from back to front and float for 3 seconds.

**Level 3:** Float of front and back 5 seconds, roll front to back and back to front, tread for 15 seconds, Swim front crawl (head in water arms out) 15 yards.

**Level 4:** Must be able to Swim front crawl, backstroke yards, Elem. Backstroke, and Dolphin Kick 15 yards and tread for 30 seconds.

### **Payment and registration can be mailed to**

Aquatic Director/Matthew Kump  
100 Mt. Rock Road  
Newville PA 17241

**Checks should be made payable to: Big Spring School District**

**Open Swim hours:** 7:00-900 PM Monday-Thursday for more check out the Big Spring School District Webpage >Community>Aquatics>Calendar.

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Name of child: \_\_\_\_\_ Age: \_\_\_\_\_

Name of Adult: \_\_\_\_\_

Contact Phone #: \_\_\_\_\_

Contact Email: \_\_\_\_\_

Address: \_\_\_\_\_

Resident \$40.00 Non-Resident \$45.00 Paid Amount: \_\_\_\_\_ Cash/Check

Check the one that applies: Level 1: \_\_\_\_\_ Level 2: \_\_\_\_\_ Level 3: \_\_\_\_\_ Level 4: \_\_\_\_\_