

SWIM & DIVE LESSON SCHEDULES

Please register by class # on the membership application or online.

All classes are CoEd

Important Note:

When registering for swim and dive lessons, please...

- 1) Identify the time and if registering for a girl or boy, and
- 2) The child's skill level based on the descriptions in this brochure

We will conduct skill evaluations the child's first day of lessons, to ensure each child is assigned to the most appropriate class based on their current skill level. Within the first few days, children will receive a card with their class assignment and instructor name(s) if different.

	CoEd 9:30 am	CoEd 10:15 am	CoEd 11:00 am	CoEd 11:45 am
Pre-beginner	1021	1022	1023	1024
Beginner 1	2011	2013	2015	2017
Beginner 2	2021	2024	2027	2030
Intermediate 1	3011	3013	3015	3017
Intermediate 2	3031	3032	3033	3034

	CoEd 9:30 am	CoEd 10:15 am	CoEd 11:00 am	CoEd 11:45 am
Swimmers (10+)	N/A	N/A	N/A	4011
Lifeguard Readiness (11-14)	N/A	N/A	6011	N/A
Stroke & Turn (7+)	N/A	N/A	6031	6032
Water Games (9+)	N/A	N/A	N/A	6021
Diving 1 (9+)	5011	N/A	N/A	N/A
Diving 2 (9+)	N/A	5021	N/A	N/A

Frogs & Tadpoles (up to 4 yrs) (Toddler Pool - No Instructor)	1011	1012	1013	1014
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Sea Sprites (18mos to 3 yr)	1015	9:00 - 9:30 am	(Main Pool)
Adaptive Aquatics	7011	12:30 - 1:10 pm	(Main Pool)

Swim / Dive Instructor Training (13+)	641	10:15 - 11:45am Dates: 6/24 - 7/5
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**Students must attend all nine days of the program*
(class times may change due to enrollment)*

*All Fridays (other than Fanny Fun Day) will include a large group game/activity the last 10 minutes of lessons.

Important Dates*

<u>Swim & Dive Instructor Training Class</u>	♦ Saturday, June 8th 10-10:30am
<u>Parent Orientation Meeting</u>	
<u>Swimming and Diving Lesson</u>	♦ Saturday, June 8th 10:30-11am
<u>Parent Orientation Meeting</u>	
<u>First Day of Lessons</u>	♦ Monday, June 17th
<u>Parent/Caregiver Observation Day</u>	♦ Wednesday, June 26th
<u>No Lessons</u>	♦ Thursday, July 4th
<u>Parent/Caregiver Observation Day</u>	♦ Wednesday, July 24th
<u>Teacher Appreciation Day</u>	♦ Wednesday, July 31st
<u>Diving Board Day</u>	♦ Thursday, August 1st

*Dates subject to change

Fanny Fun Day Friday, August 2, 2024

No lessons, only fun, water games & raffles for swimmers, divers, & parents.

Schedule

Session 1	Games for Sea Sprites, Pre Beginner, Beginner 1, and Beginner 2 whose lessons are at 9:00, 9:30 and 10:15am.
Middle Session	All lesson participants enjoy Staff Skit and Costume Contest. Parents and Instructors participate in the 120ft. Challenge.
Session 2	Games for Beginner 1, Beginner 2 and Adaptive Aquatics whose lessons are at 11:00, 11:45 & 12:30pm.

Fanny Chapman Memorial Swimming Pools

"Our purpose is to teach the community to swim."

2024 Swim & Dive Lessons

June 17th – August 2nd

Online Registration as of March 1, 2024

www.fannychapman.com

Group Lessons

For the safety of the swimmers, children must have turned 3 by 1/1/24 and be potty-trained by the first day of group lessons in order to participate

NO LESSONS THURSDAY, JULY 4TH.

Multiple child lesson discounts are available online at www.fannychapman.com

**10 McKinstry Drive
Doylestown, Pennsylvania 18901
Phone (215) 348-7618**

TEACHING THE COMMUNITY TO SWIM - THE FANNY CHAPMAN 2024 LESSON PROGRAM

Classes are 40 minutes long and follow the progression below.

Sea Sprites (ages 18 months - 4 years)

This class is designed for toddlers who are ready to acclimate to water and begin the learn to swim process. Swimmers must be accompanied by a parent/adult caregiver and are lead through fun games, songs and activities to begin to learn how to swim. The class is held in the main pool. Must have at least 6 families registered for class to run.

Frogs & Tadpoles (up to 4 years) Water Play

NOT A LESSON Families with children under the age of 4 to have open swim time in the Toddler Pool during scheduled swim lesson time. This is not an instructional class, but time for parents/adult caregivers to be in the Toddler Pool with younger children during swim lessons. It is recommended for parents to have only one child with them during this time. If you are interested in having additional children with you, please contact the Swim Lesson Manager for more information. There is no instructor for this class.

Pre-Beginner

This class is an introduction to water skills for the new swimmer. Children will learn to:

- practice breath control, learning how to blow air out of mouth and nose,
- submerge their whole body under water,
- float on their front and back independently,
- push off the wall and streamline independently, and
- be introduced to arm and leg action for crawl, backstroke & treading water.

Beginner I

This class provides the fundamental aquatic skills to begin crawl and backstroke. Children must be able to perform the skills of the Pre-Beginner class, and will learn to:

- perform the crawl and backstroke kick using proper form,
- perform the crawl and backstroke arm action using proper form,
- be introduced to long axis of rotation during the stroke, and
- perform elementary backstroke.

Beginner II

This class provides further stroke development for the crawl and backstroke. Children must be able to perform the skills of the Beginner I class, and will learn to:

- glide on their front and back,
- perform the long axis of rotation during the crawl and backstroke,
- perform rotary breathing for crawl stroke,
- tread water using scissor or rotary kick and sculling arm motions for one minute,
- introduction to breaststroke,
- swim crawl and backstroke across the width of the pool, and
- perform a compact dive into deep water.

Intermediate I

This class provides stroke improvement for the crawl and backstroke, and introduces swimmers to breaststroke and butterfly strokes. Children must be able to perform the skills of the Beginner II class, and will learn to:

- swim crawl and backstroke for 25 yards of the pool using proper form,
- perform breaststroke and butterfly kick,
- tread water using scissors, breaststroke or rotary kick and sculling arm motions for two minutes,
- perform an open turn on front and back, pushing off in a streamlined position, and
- perform a stride dive into deep water.

Intermediate II

This class provides stroke refinement for the crawl stroke, backstroke, and breaststroke and continues working on the butterfly stroke. Children must be able to perform the skills of the Intermediate I class, and will learn to:

- swim crawl stroke, backstroke, and breaststroke for 50 yards of the pool using proper form,
- perform a feet-first surface dive,
- perform flip turns for crawl and backstroke,
- perform the butterfly stroke using proper form, and
- perform a shallow dive, glide, and begin any front stroke in deep water.

Swimmers (10+ years)

This class is for the swimmer who is interested in using swimming to improve cardiovascular fitness. Children must be able to perform the skills of the Intermediate II class, and will learn to:

- swim crawl stroke, backstroke, and breaststroke 100 yards continuously using proper form,
- swim butterfly 50 yards continuously using proper form.

Diving (9+ years, Passed Deep Water Test)

To participate in diving lessons, children must have achieved at least the level of Intermediate I swimming class. Children will learn:

Diving I

Front approach with hurdle, back hurdle, forward dive, backward dive, and somersault.

Diving II

Five required dives and six optional dives with at least one dive in each of the following categories:

- Forward
- Reverse
- Backward
- Twisting
- Inward

Lifeguard Readiness (11-14 years)

This is an instructional class designed to introduce basic life saving skills and help prepare the student for a "Red Cross Advanced Life Saving" course. Children must be able to perform the skills of the Intermediate I class.

Water Games (9+ years & Passed Deep Water Test)

This class introduces the fundamentals and team play of a variety of water sports and games. Children must be able to perform the skills of the Intermediate I class.

Stroke & Turn (9+ years)

Improve technique in all four competitive strokes, and develop competitive starts and turns. Children must be able to perform the skills of the Intermediate 1 class.

Two Stroke & Turn classes will be offered.

11:00am class is for FC swim team participants only.

11:45am class is for swimmers not on the FC swim team and would like to improve their swim stroke, starts and turn technique.

Adaptive Aquatics (4+ years)

This class is designed for children who for any reason (physical, mental, emotional, or social) cannot meet the requirements of the regular lesson program and require individualized attention. The requirements for this class are at the discretion of the Swim Lesson Manager.

Swim and Dive Instructor Training (13+ years; class is limited to 20 participants)

A course designed to teach students basic skills necessary for teaching swimming and diving to children. Cost \$25.00

June 24th – July 5th

• 10:15-11:45am

Participants must attend all nine (9) days of the program

Upon successful completion of the swim and dive instructor course, some students may be invited to volunteer in the swim and dive lesson program for the remainder of the lesson season.

*If your child is registered for this course, please attend the Parent Orientation Meeting on Saturday, June 10th 10-10:30am

