

Cool off this summer and stay safe with Swim Lessons at Accelerated Learning Lab

A variety of levels for all abilities!!

All classes are open to A.L.L. students, family, and the public between the ages of 4 – adult. Red Cross certified Water Safety Instructors and lifeguards are offering learn-to-swim and stroke development classes in three, two-week sessions.

Location: Accelerated Learning Laboratory 5245 N. Camino de Oeste Tucson, Arizona 85745
(Near the intersection of Silverbell and Camino del Cerro/Ruthrauff)

Cost: \$55.00 for A.L.L. students and family members/\$60.00 for the general public (50% due at time of registration; \$27.50 and \$30.00 respectively; non refundable)

Class sizes are limited to 10 students, with a minimum of 5 students to hold the class.

Schedule: All classes are Monday-Thursday

Each class is 40 minutes

Sessions Offered	Daily Schedule
Session 1: June 13-June 24	8:00-8:40 – Levels I and II
Session 2: July 11- July 22	9:00-9:40 – Levels I and II
Session 3: July 25-August 5	10:00-10:40 – Levels III and IV 11:00-11:40 – Levels V and VI

All levels include fun and games!

Level I: Water Exploration – Helps students feel comfortable in the water and enjoy the water safely.

Level II: Fundamental Aquatic Skills – Gives students success with fundamental skills.

Level III: Stroke Development – Builds on skills in Level II by providing additional guided practice.

Level IV: Stroke Improvement – Develops confidence in the strokes learned and improves other aquatic skills.

Level V: Stroke Refinement – Provides further coordination and refinement of strokes.

Level VI: Swimming and Skill Proficiency – Further develops swimming with expertise, ease, efficiency, power, and grace. This course is intended to prepare students to participate in more advanced courses such as Water Safety Instructor, Lifeguard Training, competitive swimming.



How to Register

You may obtain registration forms at www.allgrades/News/allnews.htm, the Accelerated Learning Lab preschool, elementary, and middle school offices, or at any swim screening.

To help you determine what level to sign up for see the level evaluation page at www.allgrades/News/allnews.htm. The final level placement will be determined by the instructor at the mandatory swim screening.

Swim Screening: All students must attend a placement screening. Summer swim screenings will be held **Saturday, June 11 and Sunday, June 12 for session 1; Saturday, July 9 for session 2; and Saturday, July 23 for Session 3.** All screenings will be held from 10am to noon.

*If participating in more than one session, only one screening is necessary.

Registration forms may be mailed or dropped off at 5245 N. Camino de Oeste Tucson, AZ 85745 Attn: Stephanie and Tonya. **If pre-registering, 50% of payment is due at the time of registration to hold a position.** This is **non refundable**. If registering at swim screening 100% of payment is due. Make checks out to A.L.L. If you have questions, call 520-743-2256 or 520-548-8764.

Swim Level Criteria

Students must be able to perform all skills in a level in order to move to the next level or a certificate of level completion can be presented at time of registration.

Level I

Skills Assessment:

- enter unassisted
- move 5 yards
- bob 5 times to chin level and safely exit the water. (Participants can walk, travel along the gutter or “swim.”)
- float on front with support for 3 seconds
- roll to back (with assistance)
- float on back with support for 3 seconds

Level II

Skills Assessment:

- step from side into chest-deep water
- move into a front float for 5 seconds
- roll over to a back float, return to standing position, then move back to a back float for 5 seconds and return to a standing position
- push off and swim using a combination of arm and leg actions for 15 feet on the front
- push off and swim using a combination of arm and leg actions for 15 feet on the back

Level III

Skills Assessment:

- jump into chest-deep water from the side
- swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side)
- maintain position by treading or floating for 30 seconds
- swim back crawl 15 yards

Level IV

Skills Assessment:

- perform a feet-first entry into chest-deep water
- swim front crawl for 25 yards
- maintain position on back 1 minute in deep water (float or sculling)
- swim elementary backstroke for 15 yards
- swim breaststroke for 15 yards
- tread water for 1 minute
- swim back crawl for 25 yard

Level V

Skills Assessment:

- perform a shallow dive into deep water
- swim front crawl for 50 yards
- maintain position on back for 2 minutes in deep water (float or scull)
- swim elementary backstroke for 25 yards
- swim breaststroke for 25 yards
- tread water for 2 minutes
- swim back crawl for 50 yards

Level VI

Skills Assessment:

- swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards

Accelerated Learning Laboratory Aquatics Department Registration Form

Last Name _____ First Name _____ M.I. _____

Address _____ City _____ State _____

_____ - _____ - _____ / ____ / ____
 Zip Code Phone Number Birth date

Session: 1__ 2__ 3__ Level: I__ II__ III__ IV__ V__ VI__

Level II Time: 8-8:40am _____ or 9-9:40am _____ Level III Time: 9-9:40am _____ or 10-10:40am _____

Mother's Name _____ Work Phone _____ Home Phone _____

Father's Name _____ Work Phone _____ Home Phone _____

Legal Guardian _____ Work Phone _____ Home Phone _____

List any medical problems of swimmer _____

Person to notify in emergency _____ Phone _____

Doctor to notify in emergency _____ Phone _____

Important

I, the parent/guardian, of the below-named swimmer, a minor, agree that I and the swimmer will abide by the rules and regulations of the A.L.L. Aquatics Department and its affiliated organizations. In consideration of the swimmer's participation in the swim programs and activities of the A.L.L. Aquatics Department Parties, I, for myself and the swimmer and our respective heirs, administrators and successors, intending to be legally bound, hereby release and indemnify the A.L.L. Aquatics Department Parties, the owners and operators of the facilities used for the Programs, and their respective directors, officers, employees, agents and representatives from and against all claims, liabilities, damages or causes of action arising out of or in connection with the swimmer's participation in the Programs including, without limitation, swimmer's transportation to/from any Program, which transportation is hereby authorized. I further grant the A.L.L. Aquatics Department Parties the right to use the swimmer's name, picture and/or likeness in printed, broadcast and other material concerning the Programs provided such use is related to the swimmer's status as a participant in the Programs.

Name: _____ Swimmer: _____

Signature X _____ Date _____ Signature X _____ Date _____

CONSENT FOR MEDICAL TREATMENT (MINOR)

As the parent or legal guardian of the above named player, I hereby give consent for emergency Medical care prescribed by a duly licensed Doctor of Medicine or Doctor of Dentistry. This care may be given under whatever conditions are necessary to preserve the life, limb or well-being of my dependent.

Signature X _____ Date _____

Parent or Legal Guardian

Address _____ City _____ State _____

Phone _____ - _____ Work _____ - _____
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Official Use Only

Reg Fee: \$ _____ Amount Paid: \$ _____ Cash__ Check__ Date _____ Received by: _____