

SWIM LESSON SCHEDULES

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

	Girls	Boys	Girls	Boys
	9:30 am	10:15 am	11:00 am	11:45 am
Pre-beginner (4+)	1021	1022	1023	1024
Beginner 1 (4-5)	2011	2013	2015	2017
Beginner 1 (6-12)	2012	2014	2016	2018
Beginner 2 (4-6)	2021	2024	2027	20210
Beginner 2 (7-8)	2022	2025	2028	20211
Beginner 2 (9-12)	2023	2026	2029	20212
Intermediate 1 (4-8)	3011	3013	3015	3017
Intermediate 1 (9-12)	3012	3014	3016	3018
Intermediate 2 (7-12)	3031	3032	3033	3034
	CoEd Class	CoEd Class	CoEd Class	CoEd Class
	9:30 am	10:15 am	11:00 am	11:45 am
Frogs & Tadpoles (up to 4 yrs)	1011	1012	1013	1014
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	N/A
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
Sea Sprites (18mos to 3 yr)	1015	9:00 - 9:30		
Adaptive Aquatics	7011	12:30 - 1:10		
Adult Group (18+)	8000	12:30 - 1:00		
Swim / Dive	641	<i>Please select from two class times (class times may change due to enrollment):</i>		
Instructor Training (13+)	642	9:30 - 11:00; 11:00 - 12:30 Dates: 6/26 - 7/7 (Except 7/4) <i>*Students must attend all nine days of the program*</i>		
Pre-Team Class (6+)	650	8:00 - 9:15		

When you register your child, please select the time you would like for your lessons, and the skill level your child was in at the end of last year's season or based on the description in this brochure. This year we will conduct a swimming skills assessment at your child's first day of lessons. This will ensure each swimmer is assigned to the most appropriate class based on their current skill level. After their first lesson, we will notify you if there is a change in their assigned class.

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

Important Dates

- Swimming and Diving Lesson Parent Orientation Meeting ♦ Saturday, June 3rd 9-10am
- Swim Instructor Training Class Parent Orientation Meeting ♦ Saturday, June 3rd 10-11am
- Pre-Team Parent Orientation Meeting ♦ Saturday, June 3rd 11am - Noon
- First Day of Lessons ♦ Monday, June 19th
- Parent/Caregiver Observation Day ♦ Wednesday, June 28th
- No Lessons ♦ Tuesday, July 4th
- Parent/Caregiver Observation Day ♦ Friday, July 28th
- Teacher Appreciation Day ♦ Wednesday, August 2nd
- Intramural Swim Meet ♦ Thursday, August 3rd 7:30 am Warm Up 8 am Meet
For Pre-Team, Int 1 & 2, Swimmers, Stroke & Turn
- Intramural Diving Meet ♦ Thursday, August 3rd 7:30 am Warm Up 8 am Meet
For Diving 1 & 2
- Diving Board Day ♦ Thursday, August 3rd
- Fanny Fun Day ♦ Friday, August 4th

*Swim lesson evaluations will be conducted the first day of the participant's lessons.

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

Join us Saturday, June 17th 90th Anniversary "Family Fun Day" Celebration!

As part of the celebration that day, members and families purchasing a Fanny Chapman Commemorative Brick by May 1st will have the "Special" opportunity to personally pick their walkway location and personally place their brick! (Engraved bricks may be purchased for as little as \$60 with 3 lines of 18 character copy. Details at www.FannyChapman.com)

Fanny Chapman Memorial Swimming Pools

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

2017 Swim Lessons

June 19 – August 4, 2017

Online Registration as of March 1, 2017

www.fannychapman.com

Group Lessons

Ages 4+

For the safety of the swimmers, children must be 4 years old by the first day of group lessons in order to participate without being accompanied by their a caregiver.

90th Anniversary

"Family Fun Day" Celebration!

Saturday, June 17th

(www.FannyChapman.com for details)

Make plans to join us!

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

TEACHING THE COMMUNITY TO SWIM - THE FANNY CHAPMAN 2017 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. If you need babysitting services for siblings during this class, please contact the Swim Lesson Manager for more information.

Frogs & Tadpoles (up to 4 years)

This class is for parents/adult caregivers to swim in the Toddler pool with their child under the age of four. A Swim Instructor will provide guidance to parents to help their child adjust to the water, float on their front and back, and blow bubbles in the water, in a fun and safe environment. It is recommended for parents to have only one child with them during this lesson. If you are interested in having additional children with you, please contact the Swim Lesson Manager for more information.

Pre-Beginner (4+ years)

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 (4-5; 6+ years)

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
- be introduced to treading water.

Beginner II (4-6; 7+ years)

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 back stroke,
- 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 (4-8; 9+ years)

This class provides stroke improvement for the crawl and back stroke, and introduces swimmers to breast stroke and butterfly stroke. 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, and
 - perform an open turn on front and back, pushing off in a streamlined position,
 - perform a stride dive into deep water.
- *Participants can choose to participate in an intramural competitive swim meet at the end of the lesson season.

Intermediate II (7+ years)

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.
- *Participants can choose to participate in an intramural competitive swim meet at the end of the lesson season.

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.
- *Participants can choose to participate in an intramural competitive swim meet at the end of the lesson season.

Diving (9+ years)

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

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

* Participants can choose to participate in an intramural competitive diving meet at the end of the lesson season.

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)

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 (7+ years)

Improve technique in all four competitive strokes, develop competitive starts and turns. Ideal for the current and developing competitive swimmer. Children must be able to perform the skills of the Intermediate I class.

*Participants can choose to participate in an intramural competitive swim meet at the end of the lesson season.

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.

Pre-Team Class (6+ years)

Designed for the swimmer who can perform all four competitive swimming strokes, and wishes to continue working on stroke development and train competitively. Must have completed Intermediate 2 swim lessons or equivalent. Swimmers will be evaluated for placement suggestions on the first day of practice. Class ends with an intramural competitive swim meet.

* If your child is registered for this course, please attend the Parent Orientation Meeting on Saturday, June 3rd 11am-Noon.

Swim and Dive Instructor Training (13+ years; each class is limited to 15 participants)

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

June 26th – July 7th (no class on Tuesday, July 4th)

Please select from two class times (class times may change due to enrollment):

- 9:30am-11am
- 11am-12:30pm

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 3rd 10-11am

Adult Group Lessons (18+ years)

Adults learn the fundamentals of swimming while perfecting stroke techniques. Instructors tailor swim instruction to fit each individual's needs.