



# Summer Fast Start: 3 Weeks, 6 SESSIONS

July 8–25, 2024

Sign up for TWO days either Monday and Wednesday or Tuesday and Thursday

|  | Monday    | Tuesday   | Wednesday | Thursday  |
|--|-----------|-----------|-----------|-----------|
| Primary Skills 1    | 3:30–4:00 | 3:30–4:00 | 3:30–4:00 | 3:30–4:00 |
|  | 4:00–4:30 | 4:00–4:30 | 4:00–4:30 | 4:00–4:30 |
|  | 4:30–5:00 | 4:30–5:00 | 4:30–5:00 | 4:30–5:00 |
| Primary Skills 2  | 3:30–4:00 | 3:30–4:00 | 3:30–4:00 | 3:30–4:00 |
|  | 4:00–4:30 | 4:00–4:30 | 4:00–4:30 | 4:00–4:30 |
|  | 4:30–5:00 | 4:30–5:00 | 4:30–5:00 | 4:30–5:00 |
| Primary Skills 3  | 4:00–4:30 | 4:00–4:30 | 4:00–4:30 | 4:00–4:30 |
|  | 4:30–5:00 | 4:30–5:00 | 4:30–5:00 | 4:30–5:00 |

| Fees | Member   | Non Mem. |
|------|----------|----------|
|      | \$175.00 | \$240.00 |

### Register online

[sawmillclub.clubautomation.com](http://sawmillclub.clubautomation.com)

**\* Class size is limited\***

Please note that **NO MAKE UP CLASSES** in Summer Fast Start.

Once your swimmer's registration is complete, refunds and movements are not permitted.

Saw Mill Club  
77 Kensico Drive, Mt. Kisco, NY 10549  
914.241.0797

Saw Mill Club East  
333 N. Bedford Rd, Mt. Kisco, NY 10549  
914.242.9760

[www.sawmillclub.com](http://www.sawmillclub.com)

# STORM SWIM SCHOOL

## Levels:

### Water Babies:

A half hour of fun for both parent and baby/tot. The parent will be instructed on appropriate holds, safety skills, and creative how to's of getting your baby more water friendly. This class is a mix of songs, safety skills and the beginnings of forward and backward movement. Bubbles and jumps are also introduced.

### Primary Skills 1:

An enthusiastic time for tots to expend energy, our goal is to increase comfort level and reinforce age appropriate safety skills. Bubbles, barbells, and kickboards will be introduced to enforce forward propulsion and to strengthen kicking. Back float, forward propulsion, freedom to use arms and jumps are all features for participating at this level. Once a participant is able to doggie paddle, put his or her face in the water, and back float they can move on to Primary Skills 2.

### Primary Skills 2:

Fundamentals of alternating back floating and treading water are key elements taught at this level. Barbells and kickboards will be used to aid in developing a proper kick and freestyle over arm recovery. Getting comfortable with underwater play and then progressing to forward movement with a swimmers face in the water are key elements in this level. Back float and then progression to the use of one's arms in backstroke are introduced.

### Primary Skills 3:

If your child can swim freestyle breathing to front or side half the distance of the pool AND swim backstroke half the distance of the pool they are ready to join our Level 3 class. We continue to develop side breathing and refining strokes while also building endurance to swim the whole length of the pool. Kickboards will replace noodles and barbells, treading water, side-rhythmic breathing and backstroke are also taught at this level.

### Stroke Readiness:

After successfully completing a length of the pool (25 yards) in good freestyle form, rhythmic breathing with alternate breathing become stronger as full laps with over arm extension are perfected. Freestyle drills, kicking and balancing drills, streamlining and backstroke are all perfected at this level.

### Stroke Development:

In this level freestyle and backstroke will be fine tuned, with bilateral breathing perfected. Breaststroke and Butterfly kick and drills will be introduced. By the end of this class each student should have a working knowledge of all four strokes. As well as be able to dive from the side of the pool, with progression to the racing block.

### Stroke Refinement/Clinic:

In this level all four competitive strokes are being fine tuned and refined so participants swim them with ease, efficiency, power and smoothness. Along with stroke perfection we will work more intently on starts and turns.

Children's group lessons are available for beginner babies through advanced swimmer levels. While working with Saw Mill Club's professional swim instructors, individuals will improve stroke techniques, acquire safety skills and increase water comfort. Children will be encouraged to reach new levels. Classes will be age and level appropriate. Participants at all levels will gain strength and endurance with improved confidence and lots of fun.

### Registration Policy

- Once your swimmer's registration is complete, refunds are not permitted.
- One make-up lesson is permitted per session.
- Make-up lessons must be scheduled during the current session at the discretion of the Swim School Coordinator.
- Make-ups are not guaranteed, but we will make every effort to schedule, but will not jeopardize the student-to-teacher ratio.
- Movement between classes once registered for the session are at the discretion of the Swim School Coordinator

Register online: [sawmillclub.clubautomation.com](http://sawmillclub.clubautomation.com)

Student's Name: First \_\_\_\_\_ Last \_\_\_\_\_

Date of birth \_\_\_\_\_  M  F

Parent Cell Phone Number \_\_\_\_\_ email address \_\_\_\_\_

Parent Address \_\_\_\_\_

Name on Credit Card \_\_\_\_\_ Card Type \_\_\_\_\_

Credit Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

CSV Code \_\_\_\_\_ Zip Code (of card) \_\_\_\_\_