

# SWIMMING AND DIVING

SPACE IS LIMITED. FIRST COME, FIRST ENROLLED RESERVATIONS ARE THROUGH MAIL ONLY. PLEASE, NO PHONE CALLS.

## NOTES TO PARENTS

- Register early, because sessions fill quickly. If a session is full, you will be notified.
- Parents are to observe class from the viewing deck only. No one is permitted on the deck, not even while the diving board is being used.
- Please arrive 5-10 minutes before your start time so that your child is ready for the class to begin on time.
- Please tie all long hair back, boys or girls. If it hangs in their face, it's hindering their improvement.
- Purchase children's goggles from any source you choose or on site (limited supplies available).

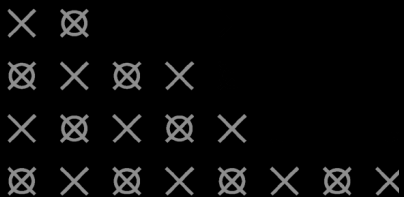


**OHIO NORTHERN UNIVERSITY**

**POLAR BEAR SWIM SCHOOL**  
YOUTH LEARN TO SWIM PROGRAM

**SEPT 8, 15, 22, & 29**

**OCT 6**





# LEVELS

## LEVEL 1 ONE-ON-ONE INSTRUCTION

For the beginner with little to no exposure to the water; introduction to very basic skills of blowing bubbles, entry/exit to the water, opening eyes under the water, floating on front and back, leg action, arm action and combined movements.

## LEVEL 2 ONE-ON-ONE INSTRUCTION

Passed from Level 1 and proficient in the skills of Level 1 with further development of leg and arm action and more submersion in the water.

## LEVEL 3 THREE-ON-ONE INSTRUCTION

Passed from Level 2 and more proficient in the skills of Level 2 while further developing swimming in the deep end; diving is introduced with other strokes.

## LEVEL 4 THREE-ON-ONE INSTRUCTION

Passed from Level 3 and proficient in the skills of Level 3 while further developing all swimming strokes, diving and treading of water.

## LEVEL 5 FOUR-ON-ONE INSTRUCTION

Passed from Level 4 and proficient in the skills of Level 4 with streamlining, reading a pace clock and coordination of all four competitive strokes.

## LEVEL 6 FOUR-ON-ONE INSTRUCTION

Passed from Level 5, proficient in skills of Level 5 and a readiness for competitive swimming. Focus will be on preparation for the fall competitive season and stroke refinements.

# POLAR BEAR SWIM SCHOOL REGISTRATION FORM

Early registration recommended - Limited number of spots (Only one swimmer per form please)

Please select your desired session and circle your swimmer's skill level. Fee: \$65 per child

\_\_\_ Session 1 5:30-6:15 p.m. Sept. 8, 15, 22, & 19      Level 1 2 3 4 5/6

\_\_\_ Session 2 6:45-7:30 p.m. Oct. 6      Level 1 2 3 4 5/6

Child's Name \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Email \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Address \_\_\_\_\_

Phone \_\_\_\_\_

Make checks payable to: Ohio Northern University Swimming.

Mail to: ONU Polar Bear Swim School, Ohio Northern University 525 S. Main St. Ada, OH 45810

