

**BOLD Community Pool
Level 4 swimming Lessons
(Grades 2- 6)**

Students wanting to take lessons during the school year here is your opportunity!!

Level 4: Stroke Improvement

The purpose of this course is to develop confidence and competency in aquatic locomotion and safety skills. The major skills in this level are to Dive from the side in the standing position, Tread Water for 2 minutes, Front Crawl for 25 yards using Rhythmic Breathing and body roll, Breaststroke for 15 yards using proper timing (pull, breathe, kick, glide), Elementary Backstroke for 25 yards, Back Crawl for 15 yards with body roll, Dolphin Kick for 15 yards and Scissor Kick on side for 15 yards.

No. Of Sessions: 7

**Days & Dates: Tuesday and Thursday
November 7, 9, 14, 16, 21, 28 and 30**

Time: 5:00pm-6:00pm

**Location: BOLD Community Pool
Fee: \$65.00**

Instructor: Marisa Kroells

We need a minimum of 4 registered to hold the class. Deadline: Friday, October 27, 2017

++++
REGISTRATION FORM

Student's Name _____ **Grade** _____

Parent's Name _____ **Address** _____

Cell Phone # _____ **Work/Home Phone #** _____

Email Address: _____

I hereby acknowledge the health of my child to be ready for this activity, give permission for him/her to participate, and authorize the instructors of the activities to secure emergency aid when deemed necessary and waive and release BOLD Community Pool and the Instructor from any liability.

Parent or Legal Guardian Signature

Date

Please return the registration form and fee to your classroom teacher by October 23, 2017. Registrations will be handled through the BOLD Community Pool. If you have questions, please contact Pool Coordinator Tracey Johnson at 320-523-1031 ext 3152 or tracey.johnson@bold.k12.mn.us.