

Did You Know?



Rock Spring Swim Club is an official Red Cross Provider. This means that all of our swim lesson instructors are fully certified by the American Red Cross to be Water Safety Instructors.

Instructors are also certified in Lifeguarding, CPR for the Professional Rescuer, and First Aid. Our instructors work with your child throughout the entire swim lesson experience. We do not exceed 10 children per class to ensure each swimmer receives individualized attention. For swim lesson registration information; please refer to the enclosed swim lesson packet.

You asked, we listened! This year, we have once again added a swim course for children 2 $\frac{1}{2}$ to 4 years old. Bubblers is a water adjustment course. The class will meet for 30 mins. Some of the class will be held in the baby pool, some in the big pool. We are also offering one hour and fifteen minute evening stroke clinics this year. The purpose of the clinics is to offer swim team members extra assistance with the development of strokes and turns used in the competitive swimming arena.

SWIM & TENNIS LESSON REGISTRATION GUIDELINES 2009
Members Only!

We will continue to register CURRENT MEMBERS for swim and tennis lessons by mail prior to the 2009 pool season. Naturally, open registration, during the summer, will be available for members and non-members for any classes still open. Every attempt will be made to accommodate your request (s); however, we ask that you assist in the process by adhering to the following guidelines:

1. In order to select the appropriate level for your child, refer to this newsletter for the swim lesson schedule, exit testing skills for each level and last season's report card.
2. **SELECT TWO CHOICES FOR THE SPECIFIC LEVEL.** The American Red Cross requires a minimum of six students and a maximum of ten students per class. By supplying TWO choices you will be providing some flexibility into the registration process. We MUST adhere to these provider agreements.
3. Complete the enclosed registration form (please print) and enclose the standard fees-**CHECKS ONLY PLEASE.**
 - Early Bird Registration Prices:
\$45.00 first child REGISTERED FOR SWIM LESSONS and \$40.00 for each additional child REGISTERED FOR SWIM LESSONS.
 - **YOU MUST USE A SEPERATE REGISTRATION FORM FOR EACH CHILD.** Payment is due at time of registration- NO EXCEPTIONS. Make checks payable to: ROCK SPRING SWIM CLUB INC.
 - Please note: Early Bird Prices apply to **mail-in registrations** only! Early bird registration will end on May 16, 2009. Registration must be POSTMARKED by Saturday, May 17th. Regular fees will apply after that date; regular fees WILL ALSO be applied to all member registrations conducted, in person, during the pool season (open registration).
 - Regular Member Fees:
\$60.00 first child REGISTERED FOR SWIM OR TENNIS LESSONS and \$55.00 for each additional child REGISTERED FOR SWIM OR TENNIS LESSONS.
4. Mail the registration form(s) and fee(s) AS SOON AS POSSIBLE to:
Rock Spring Swim Club Inc.
2203 Cantley Court
Forest Hill, MD 21050
 - **In order to expedite the registration process, PLEASE USE ONLY the above address. The use of the Forest Hill box PO Box WILL RESULT IN A SIGNIFICANT PROCESSING DELAY.**

NOTE: STUDENTS ARE REGISTERED INTO REQUESTED CLASSES IN THE ORDER RECEIVED---REGISTER AS SOON AS POSSIBLE.

5. The "registration by mail" is provided as a service to **MEMBERS ONLY**. Open registration for non-members and on-site member registration will be conducted during the pool season.

6. Your canceled check will serve as your receipt- refer to the “memo line” for registration confirmation. Should you wish an additional confirmation please include the request with a SELF ADDRESSED STAMPED envelope and a confirmation will be mailed to you. PLEASE KEEP THE MEMO LINE CLEAR FOR CONFIRMATION.
7. There will be a ten dollar (\$10.00) charge for the CHANGE of a registered class- **payable at the time of the change.**
8. There will be a **ten dollar (\$10.00) charge** for any class that is cancelled by the registrant for any reason. This fee will be deducted from the refund amount. This fee will not be charged if the class is cancelled by RSSC.
9. Swim lessons WILL be held on rainy days; however, in the event of lightning or significant thunder, both the pool and tennis courts will be closed until 15 minutes after the last electrical event.
10. The board and/or staff will not accept any responsibility for DELAYED or NON-DELIVERED mail or closed classes.
11. All registration transactions are to be completed via mail. Registrations via phone WILL NOT be accepted.
12. In the event your TWO class choices are closed, we will contact you as soon as possible by phone.
13. Please be sure your child has successfully completed the previous level’s skills PRIOR to registering for the next sequential class. **OUR RED CROSS INSTRUCTORS SUGGEST LIMITING YOUR CHILD’S LESSONS TO ONE LEVEL PER SUMMER.**
14. **No refunds** will be issued for any class cancelled ten (10) days or less prior to the first day of class.

Due to the request of members, we will continue to offer Bubblers classes this year. PLEASE NOTE, the pool is NOT open during this class. **NO ONE will be permitted on the playground, in the wading or main pool except for class participants.**

Helpful Reminders...

Take advantage of the \$15.00 early registration discount, registrations must be postmark by Saturday, May 16, 2009.

- A. Remember to keep the ‘memo line’ on your check clear to allow for our confirmation notation.
- B. Please supply two choices for the selected class to ensure your child will be registered for the appropriate level.
- C. Complete and mail registration to
Rock Spring Swim Club Inc.
2203 Cantley Court
Forest Hill, MD 21050
- D. **Sign your check.**

ROCK SPRING SWIM CLUB

2009 Swim Lesson Schedule

American Red Cross: Learn to Swim Program

Session 1: June 22-July 3

9:00-9:45	Level 2	Bubblers (9:30-10:00)
10:00-10:45	Level 2	Level 4
11:00-11:45	Level 1	Level 3
12:00-12:45	Level 3	Level 5

Session 2: July 6-July 17

9:00-9:45	Level 1	Bubblers (9:30-10:00)
10:00-10:45	Level 2	Level 3
11:00-11:45	Level 1	Level 3
12:00-12:45	Level 4	Level 5

Session 3: July 20-July 31

9:00-9:45	Level 2	Bubblers (9:30-10:00)
10:00-10:45	Level 1	Level 3
11:00-11:45	Level 2	Level 4
12:00-12:45	Level 3	Level 6 (Lifeguard Readiness)

Session 4: August 3-August 14

10:00-10:45	Level 2	Level 3
11:00-11:45	Level 3	Level 4

Stroke Clinics: June 22, 25, 26, 29, July 2, 3 (Mon., Thurs., and Fri., for two weeks)

5:30 p.m.-6:45 p.m.	8 and Under
7:00p.m.-8:15 p.m.	9-14

Prices:

Members:

Early Bird (until 5/16/2009)

\$45 first child

\$40 each additional

Regular (after 5/16/2009)

\$60 first child

\$55 for each additional child

Non-members:

\$80 first child

\$75 for each additional child

Tennis Lessons: July 20-31
(Mondays, Wednesdays, and Fridays)

Times and Levels:

Novice.....5:30p.m.-6:15 p.m.

Beginner.....6:30 p.m.-7:15 p.m.

Advanced Beginner7:30 p.m.-8:15 p.m

The American Red Cross Suggested Progression

Bubblers.....	Water Adjustment.....	2 1/2-4 years
Level 1.....	Introduction to Water Skills.....	4-5 years
Level 2.....	Fundamentals Aquatic Skills.....	6 years and up
Level 3.....	Stroke Development	
Level 4.....	Stroke Improvement	
Level 5.....	Stroke Refinement	
Level 6.....	Personal Water Safety/Lifeguarding Readiness	

Refer to the following SWIM LESSON TESTING SKILLS

Bubblers is NOT a Red Cross Progression Course.

The pools and playground are NOT open until 10:00 a.m.

RED CROSS EXIT SKILLS

The skills listed below are the skills swimmers must have to **exit** each level. Please be sure that your child has successfully completed the previous level's skills **prior** to registering for the next sequential class.

Level 1: Introduction to Water Skills

Enter and exit water safely
Submerge mouth, nose and eyes for 3 seconds
Swim on front and back using arm and leg actions
Open eyes underwater, pick up submerged objects
Float on front and back
Follow basic water safety rules
Exhale underwater through mouth and nose
Explore arm and hand movements
Use a lifejacket

Level 2: Fundamental Aquatic Skills

Enter water by stepping or jumping from the side
Exit water safely using ladder or side
Submerge entire head
Swim on front and back using combined strokes
Open eyes underwater, pick up submerged objects
Float on front and back
Perform front and back glide
Roll over from front to back, back to front
Swim on side
Tread water using arm and leg motions
Move in the water while wearing a life jacket

Level 3: Stroke Development

Jump into deep water from the side
Bob with the head fully submerge
Submerged and retrieve an object
Perform front and back glide
Perform survival float
Perform front and back crawl 15 yards
Butterfly-kick and body motion 15 feet
Use rotary breathing in horizontal position
Change from horizontal to vertical position on front and back
Dive from kneeling or standing positions
Use Check-Call-Care in an emergency.
Perform the HELP and Huddle position
Perform a reaching assist.
Treading water 30 seconds

Level 4: Stroke Improvement

Perform shallow dive or dive from stride position
Perform open turns on front and back using any stroke
Swim underwater
Perform the following:
Front and back crawl 25 yards
Breaststroke 15yards
Swim on side using scissors-like kick 15yards
Butterfly 15yards
Elementary backstroke 15yards
Tread water using sculling arm motions and kick one minute.
Perform feet-first surface dive.
Care for conscious choking victim.
Use safe diving rules
Perform a throwing assist

Level 5: Stroke Refinement

Tread water with two different kicks 2 minutes
Learn survival swimming
Perform rescue breathing
Shallow dive, glide two body lengths and begin any front stroke

Perform the following:

Standing dive	Pike surface dive
Tuck surface dive	Breaststroke 25 yards
Front crawl 50yards	Back crawl 50yards
Butterfly 25	Sidestroke 25 yards
Elementary backstroke 25 yards	
Backstroke flip turn	Front flip turn

Level 6: Personal Water Safety

Tread water 5 minutes Tread water with only legs 2 minutes
Survival swimming 10 minutes
Back Float 5 minuets
Perform rescue breathing
Self-rescue techniques while clothed
Swimming while clothed
Basic safety rules for open water
Basic safety rules for open water
Perform the following:
Standing dive Pike surface dive
Tuck surface dive Breaststroke 50 yards
Front crawl 100 yards Back crawl 100 yards
Butterfly 50 yards
Sidestroke 50 yards
Elementary backstroke 50 yards
Backstroke flip turn Front flip turn
Breaststroke turn Butterfly turn
Sidestroke open turn

ROCK SPRING SWIM CLUB
SWIM LESSON REGISTRATION 2009
Members: Early Bird Mail In Registration (Prior to May 16, 2009)

EARLY BIRD FEES: \$45.00 FIRST REGISTRATION
\$40.00 EACH ADDITIONAL

The pools and playground are NOT open until 10 a.m.
PLEASE PRINT ALL INFORMATION

CHILD'S NAME _____ AGE _____

COMPLETE ADDRESS _____ CITY _____ ZIP _____

PARENT/GUARDIAN NAME _____ PHONE _____

E-MAIL ADDRESS _____

FIRST CHOICE (CIRCLE ONE)

SESSION: 1 2 3 4 TIME OF CLASS _____

LEVEL: 1 2 3 4 5 6

Stroke Clinic: 8& Under 9-14

SECOND CHOICE (CIRCLE ONE)

SESSION: 1 2 3 4 TIME OF CLASS _____

LEVEL: 1 2 3 4 5 6

*Every attempt will be made to accommodate your selection

Parent consent: It is understood my son/daughter will be required to demonstrate the aquatic skills as set forth by the American Red Cross in order to proceed to the next level. Please explain any special needs which may effect your child's participation in the swim lesson program. **I have reviewed all of the enclosed information and will not hold RSSC staff responsible for scheduling conflicts or closed classes.**

PARENT SIGNATURE _____ **DATE** _____

FOR PARENTS REGISTERING MORE THAN ONE CHILD PLEASE CHECK BELOW:

Check this box to keep children in the SAME session.

Check this box to consider each child's needs separately.

OFFICE USE ONLY

Postmark date _____ Amount of fees included _____ check # _____ Membership number _____
Confirmation requested/mailed _____

