JULY 10 – 21, 2023

TRI-LAKES SWIM LESSONS AND LAKE SAFETY

Open to Everyone! Don't miss this fun opportunity!

For decades, the Tri-Lakes has offered swim lessons every summer. Learning lake safety in addition to swimming skills is a valuable experience.

All levels follow certified curriculum.

Registration Form, Swim Level Guide, and Lesson Schedule can be found at **www.tri-lakes.info**

Members will be given priority during first two weeks of registration in March for their desired slots.

Please note Lake Safety will be addressed during all 8 sessions and in the event of a rainy day, a Friday session will be added.

Sponsored by the Tri-Lakes Improvement Association

Certified Swimming Lessons

8 Sessions
Monday - Thursday
for 2 weeks in July

Hamerly Beach
Home of Laurie Hamerly
East-side of Lake Jane
9429 Jane Rd N

Space is limited!
Register NOW

FEES
Members: $40
Non-Members: $55

Coordinator & Host:
Laurie Hamerly
lauriehamerly@comcast.net
(651) 308-7073

Lessons Location:
9429 Jane Rd N
Lake Jane
Lake Elmo, MN 55042

2023 * JULY 10-21 MON – THUR FOR TWO WEEKS

TRI-LAKES SWIM LESSONS AND LAKE SAFETY

REGISTRATION FORM - YOU CAN ALSO FILL OUT ONLINE!

$40 for Tri-Lakes Association Members / $55 for non-members

Tri-Lakes Swimming Lessons Waiver Form

I, the undersigned, give permission for the listed registrants to participate in the Tri-Lakes Association swimming program. I understand that such activities are carried on under assumed risks for participants in regard to any and all incurred injuries in the program or on the property of the host, including the play structure onsite. I also understand I am responsible for caring for my child(ren) when they are not in class and maintaining their safety. Therefore, I do hereby waive any and all claims that I have or hereafter may have against the instructor, aides, host family, Tri-Lakes Improvement Association, its officers and members, for injuries suffered by me or my child(ren) as a result of participating in this program.

Parent or Guardian Signature: _____ **Date:** _____

List Age of participant effective on July 10, 2023

Name of swimmer #1: _____ Age: _____ Level & Session Time: _____

Name of swimmer #2: _____ Age: _____ Level & Session Time: _____

Name of swimmer #3: _____ Age: _____ Level & Session Time: _____

Name of swimmer #4: _____ Age: _____ Level & Session Time: _____

Parent or Guardian Name: _____ Fee Included: $ _____ Member? Y or N

E-mail Address: _____ Home/Cell: _____

Scan registration forms to lauriehamerly@comcast.net
Checks can be made payable to Tri-Lakes Association.
Or mail to: Laurie Hamerly, 9429 Jane Rd N, Lake Elmo, MN 55042
You can also submit a payment via PayPal on *www.tri-lakes.info*
Registrations will be acknowledged with a reply email from lauriehamerly@comcast.net

***Tentative* LESSON SCHEDULE**

10:00am – 10:30am:	**Preschool**
10:35am – 11:05am:	**Level One *CLOSED-FULL***
11:10am – 11:40am:	**Level Two**
11:45am – 12:15pm:	**Level Three**
12:45pm – 1:15pm:	**Level One and Two combined**
1:20pm – 2:00pm:	**Level Four**
2:05pm – 2:45pm:	**Level Five and Six combined**

Please note Lake Safety will be addressed during all 8 sessions, Monday – Thursday.
In the event of a rainy day, a Friday session will be added.

SWIM LEVEL INFORMATION

Please note Lake Safety will be addressed during all 8 Mon-Thurs sessions. In the event of a rainy day, a Friday session will be added.

Preschool – Age: 3-4
Designed for the beginner who is comfortable away from parent who will NOT put their face in the water. This class will introduce them to basic swim skills and increases their comfort in the water. They will blow bubbles in the water, perform an assisted back float and front float, be introduced to the front crawl, jump off the dock to the instructor, and safely hold the edge of the dock in the water.

Level 1 – Introduction to Water Skills – Age: 4+
Designed for the beginner who is comfortable in the water and WILL put their face in the water, or a beginner older child. Swimmers learn basics: bobbing, going under water, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kick, supported front crawl arms and jumping off the dock.

Level 2 – Fundamental Aquatic Skills –
Age: 5+ Passed level 1 or instructor approval
Swimmers should already be able to float on front and back and put head under water. Swimmers will work on: independent front and back floating , independent rolling over from front to back and back to front, independent front and back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.

Level 3 – Stroke Development –
Age: 5-6+ Passed level 2 or instructor approval
Swimmers should already be comfortable swimming front stroke and swimming on their back. Swimmers will work on: gliding, freestyle with rotary breathing, backstroke, breast stroke and dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water off a swim raft.

Level 4 – Stroke Improvement –
Age: 7+ Passed level 3 or instructor approval
Swimmers should already be able to: swim front and back crawl 15 yards and tread water 1 minute. Swimmers will work on: freestyle, backstroke, elementary backstroke, scissors kick, butterfly and sidestroke, whip kick and breaststroke, intro to turning at wall, treading water with modified scissors and diving off a swim raft.

Level 5 – Stroke Refinement –
Age: 8+ Passed level 4 or instructor approval
Swimmers should already be able to: swim freestyle, breaststroke, sidestroke, butterfly and backstroke, scissors kick, whip kick, treading water 2 minutes, and dive off a swim raft. Swimmers will work on: alternate breathing, stride jump, refinement of: freestyle, backstroke, elementary backstroke, sidestroke, breaststroke, butterfly, open turn on front and back, feet-first surface dive, and treading water.

Level 6 – Swimming & Skill Proficiency –
Ages: 9-12+ Passed level 5 or instructor approval
Swimmers should already be able to: swim front crawl and elementary backstroke 50 yards, back crawl 25 yards, breaststroke 25 yards, butterfly 25 yards, sidestroke 25 yards, tread water for 5 minutes, and dive. Swimmers will work on: All six strokes, front and back crawl flip turn, breaststroke turn, breaststroke speed turn and pullout, butterfly turn, sidestroke turn, pike and tuck surface dive, pike and tuck dive from board, survival swimming 10 minutes, and basic water rescue.