

**HIGHLAND LAKES**  
**COUNTRY CLUB AND COMMUNITY ASSOCIATION**

P. O. BOX 578  
HIGHLAND LAKES, NEW JERSEY 07422  
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Suzanne Ross, President

Keith McCotter, Chairman of the Board

**2017 Swim Lesson Registration Form**

Weekday Swim Lessons begin Wednesday, July 5 and testing will begin the week of August 14. Lessons for Levels 1 through 4 will take place Monday through Thursday on Beaches 1, 2, 3, and 7 every half hour beginning at 10:30 am. Lessons for Levels 5 and 6 will take place at the Swim Lanes Monday through Thursday beginning at 1 pm.

Weekend lessons will be held on Beach 1 beginning Saturday, July 8 with testing done on Saturday, August 19. These lessons will last from 30-60 minutes depending on the age and swim level of the student.

Please fill out the form below and return it to the Highland Lakes Club Office. A 2017 Activities Permission Form must be completed for all of your children involved in swim lessons, athletics and Club activities.

Swim Lesson confirmations will be mailed out starting June 17 to the mailing address you provide on this form. Please note: beginning June 21 the registration forms will be available at Beaches 1, 2, 3 and 7. If you register after June 28, it is your responsibility to check back at the beach you requested for further detail about your swim lessons.

**2017 Swim Lesson Registration Form - ONE FORM PER CHILD**  
**Complete and return to the Club Office**

**REGISTRATION DEADLINE - WEDNESDAY, JUNE 28**

Office hours: Monday - Friday 9 am-4 pm / Saturday, 10 am - 1 pm

*Please note that the Office door contains a door slot, feel free to drop your form anytime*

Swimmers Name: \_\_\_\_\_ Swimmers Age: \_\_\_\_\_  
Mailing \_\_\_\_\_  
Address \_\_\_\_\_ Phone # \_\_\_\_\_  
\_\_\_\_\_ Cell: \_\_\_\_\_  
\_\_\_\_\_ HL Phone # \_\_\_\_\_

Highland Lakes Street Address (if different from above): \_\_\_\_\_

Last Year's Level: \_\_\_\_\_ Beach: \_\_\_\_\_ Swim Lesson Instructor: \_\_\_\_\_

Did the Swimmer pass last year's level? \_\_\_\_\_

Member Name: \_\_\_\_\_ Member #: \_\_\_\_\_

Member relationship to swimmer: \_\_\_\_\_

**Please indicate your top three (3) choices for Swim Lesson time slot (Beaches 1, 2, 3 and 7 ONLY):**

(Note: available times: 10:30 am to 4:30 pm every ½ hour)

1<sup>st</sup> Choice: Time: \_\_\_\_\_ Beach: \_\_\_\_\_ Weekday or Weekend (Circle ONE)

2<sup>nd</sup> Choice: Time: \_\_\_\_\_ Beach: \_\_\_\_\_ Weekday or Weekend (Circle ONE)

3<sup>rd</sup> Choice: Time: \_\_\_\_\_ Beach: \_\_\_\_\_ Weekday or Weekend (Circle ONE)

\* Please leave any messages or concerns for Water Safety with the HLCC office if needed. We will respond to you in a timely manner.

Please see reverse side for an explanation of swim lesson skill levels.....

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## Summary of Swim Lesson Exit Skills by Level

Your child must be able to complete the listed skills of each level before moving on to the next level.

### Level 1:

- Enter water independently, swim 5 yards, 5 bobs and exit water
- Glide on front for 5 seconds and roll to back float for 5 seconds and recover to vertical position

### Level 2:

- Enter water up to chest, push off bottom into treading and floating position for 15 seconds each
- Push off bottom and swim on front or back for 10 yards and move into back float for 15 seconds, roll back to front and recover to vertical position

### Level 3:

- Jump into deep water, recover to surface and maintain position in water by treading for 1 minute then float on back for 1 minute
- Swim front crawl for 25 yards
- Swim elementary backstroke for 25 yards
- Swim front crawl for 15 yards and turn around and swim back crawl for 15 yards

### Level 4:

- Jump into deep water and swim front crawl for 25 yards then switch to elementary backstroke for 25 yards
- Swim breaststroke for 15 yards then switch to back crawl for 15 yards
- Submerge and swim 5-10 yards underwater without shortness of breath and return to the surface

### Level 5:

- Perform shallow dive and swim front crawl for 50 yards then swim elementary backstroke for 50 yards
- Swim breaststroke for 25 yards then swim back crawl for 25 yards

### Level 6:

#### Personal Water Safety

- Swim 500 yards continuously, swimming at least 50 yards of each stroke (front crawl, back crawl, breaststroke and elementary backstroke)
- Jump into deep water and perform back float for 5 minute
- Perform feet first surface dive and retrieve an object from the bottom, (depth of 7)

#### Fundamentals of Diving

- Perform a headfirst surface dive off of dock and swim 500 yards continuously

#### Fitness Swimmer

- Swim 500 yards continuously using any 3 strokes, swimming a least 50 yards of each
- Tread water for 5 minutes