

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

P. O. BOX 578  
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**2019 Swim Lesson Registration Form**

Weekday Swim Lessons begin Monday July 8 and testing will begin the week of August 12. Lessons for Levels 1 through 4 will take place Monday through Thursday on Beaches 1, 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 1:30 pm.

Weekend lessons will be held on Beach 1 beginning Saturday, July 6 with testing done on Saturday, August 10. 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 2019 Activities Permission Form must be completed for all of your children involved in swim lessons, athletics and Club activities.

Please note: beginning June 29 the registration forms will be available at Beaches 1, 3 and 7 when they are open. 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.

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**2019 Swim Lesson Registration Form - ONE FORM PER CHILD**  
**Complete and return to the Club Office**

**REGISTRATION DEADLINE - Friday, June 28**

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

*Please feel free to drop your form anytime through the mail slot in the Club Office door*

Swimmer's Name: \_\_\_\_\_ Swimmer's Age: \_\_\_\_\_

Mailing Address \_\_\_\_\_ Home Tele. \_\_\_\_\_

\_\_\_\_\_ Cell: \_\_\_\_\_

Emergency Contact Name and Telephone: \_\_\_\_\_ Cell: \_\_\_\_\_

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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, 3 and 7)**  
(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