



Highland Lakes Country Club and Community Association

PO Box 578
 2240 Lakeside Drive West
 Highland Lakes, NJ 07422
 Tel: 973.764.4366 • Fax: 973.764.7401
<https://hlcc.org/> • hlcc@warwick.net

Swim Lesson Permission Form

**** All Lessons, Times, and Testing Dates Are Tentative****

Please complete this Permission Form for all children you are registering for swim lessons. Complete the Swim Lesson Registration Form on the following page for each child listed below, and identify their swim level, and your location and time preference. Note: Lessons are conducted at Beach 1, Beach 3, and the Swim Lanes ONLY. An explanation of swim lesson levels may be found on page 3.

To submit this completed form, print and sign it, and email it to hlcc@warwick.net, mail it to HLCC, PO Box 578, Highland Lakes, NJ 07422, or place it through the mail slot at the Club Office. This form will always be available on the Club's website - hlcc.org. The form will be mailed to you upon request to hlcc@warwick.net or call the Club Office 973.764.4366.

					Member No.
CHILDREN					
Last	First	MI	Date of Birth	Cell Phone	
1.					
2.					
3.					
4.					
Your relationship to child/children registering for swim lessons, check one:					
<input type="checkbox"/> Parent <input type="checkbox"/> Grandparent <input type="checkbox"/> Guardian <input type="checkbox"/> Family member (with activities badge) <input type="checkbox"/> Other					
PARENT/OWNER INFORMATION					
Parent's Last Name			Parent's First Name(s)		
Parent Mailing Address				Check Here if Summer Resident Family Member: <input type="checkbox"/>	
E-Mail Address			Children's E-Mail Address		
Highland Lakes Address			Owner's Name (if different from parent)		
Home Phone			Work Phone(s)		
Parent Cell Phone			Parent Cell Phone		

The children listed above have my permission to participate in swim lessons.

Print Name	Date
Signature	



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Swim Lesson Registration Form

Complete for Each Child Listed on page 1

REGISTRATION DEADLINE – Friday, June 25, 2021

Parent's Name		Date	
Owner's Name		Owner's Member #	
Swimmer's Name		Swimmer's Age	
Is this the first year of lessons for swimmer? <input type="checkbox"/> Yes <input type="checkbox"/> No		Does your child have any special needs? <input type="checkbox"/> Yes <input type="checkbox"/> No If YES, Water Safety staff will be in touch.	
Last Year's Level	Last Year's Location	Last Year's Instructor (if known)	
Did the swimmer pass last year's level? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unsure			
Details about swim lesson skill levels may be found on the following page or the Club's website			

Please review the following before completing the information below. All Lessons, Times, Testing Dates Are Tentative.

Weekday Swim Lessons: begin Monday, July 5 and testing begins the week of August 9. Lessons for Levels 1 through 4 take place Monday through Thursday on Beach 1 and Beach 3 every half hour beginning at 10:30 am. Lessons for Levels 5 and 6 take place at the Swim Lanes Monday through Thursday beginning at 1:30 pm.

Weekend Swim Lessons: begin Saturday, July 10 at Beach 1 with testing on Saturday, August 14. Lessons are 30-60 minutes depending on the age and swim level of the swimmer.

Please note: On or about June 28, your child's assigned time and lesson location will be posted at the Activity Center. If you register after June 25, you will need to check back at the beach you requested for further details about your child's swim lessons. We will make every effort to accommodate your requests but no guarantees are possible.

SWIM LESSON CHOICES

Indicate up to three choices for swim lesson location and time preference:

Beach 1 (B1) or Beach 3 (B3): 10:30 am to 4:30 pm - every half hour

Swim Lanes (SL): beginning at 1:30 pm - lessons every half hour

Choice 1	Time	<input type="checkbox"/> B1	<input type="checkbox"/> B3	<input type="checkbox"/> SL	<input type="checkbox"/> Weekday	<input type="checkbox"/> Weekend B1 only
Choice 2	Time	<input type="checkbox"/> B1	<input type="checkbox"/> B3	<input type="checkbox"/> SL	<input type="checkbox"/> Weekday	<input type="checkbox"/> Weekend B1 only
Choice 3	Time	<input type="checkbox"/> B1	<input type="checkbox"/> B3	<input type="checkbox"/> SL	<input type="checkbox"/> Weekday	<input type="checkbox"/> Weekend B1 only

Questions? Send an email to hlcc@warwick.net or leave a message by calling the Club Office - 973.764.4366. Call the Water Safety Hotline - 973.764.7797 - for beach closings and swim lesson cancellations due to weather and other schedule changes.

Please register the child above for the swim lessons indicated.

Print Name

Date

Signature



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Summary of Swim Lesson Exit Skills by Level

Your child must be able to complete the skills in each level before moving to the next level.

Level 1:

- Enter water independently, swim 5 yards, perform 5 bobs and exit water
- Glide on belly 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 by treading (water) 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 using back crawl for 25 yards

Level 6:

Personal Water Safety

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

Fundamentals of Diving

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

Fitness Swimmer

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