

SWIM LESSON SCHEDULES

Please register by class # on the membership application.

	Girls 9:30 am	Boys 10:15 am	Girls 11:00 am	Boys 11:45 am
Non Swimmer (4+)	1021	1022	1023	1024
Beginner 1 (4-5)	2011	2013	2015	2017
Beginner 1 (6-12)	2012	2014	2016	2018
Beginner 2 (4-6)	2021	2024	2027	20210
Beginner 2 (7-8)	2022	2025	2028	20211
Beginner 2 (9-12)	2023	2026	2029	20212
Intermediate 1 (4-8)	3011	3013	3015	3017
Intermediate 1 (9-12)	3012	3014	3016	3018
Intermediate 2 (9-12)	3031	3032	3033	3034

	CoEd Class 9:30 am	CoEd Class 10:15 am	CoEd Class 11:00 am	CoEd Class 11:45 am
Parent / Child Swimmers	1011	1012	1013	1014
Lifeguard Readiness	N/A	N/A	4011	N/A
Stroke & Turn	N/A	N/A	6011	N/A
Water Games	N/A	N/A	N/A	6021
Diving 1	5011	N/A	N/A	N/A
Diving 2	N/A	5021	N/A	N/A

Special Needs Instruction 7011 12:30 - 1:15

ON SALE NOW!

Fanny Chapman Commemorative Bricks

Commemorative bricks remain on sale for the front entrance patio. Many opportunities still exist to honor the memory of a loved one, celebrate a special moment or simply preserve your family or company name for years to come.

Obtain a flyer from the Borough office, Fanny Chapman Pool office, or at the Doylestown Borough website at www.doylestownborough.net (follow the link to Fanny Chapman and download the application).

*Be a part of Fanny Chapman's history
by investing in its future!*

Fanny Chapman Memorial Swimming Pools

*"Our purpose is to teach the
children of the community to swim."*

2010 Swim Lessons

June 21st - August 6th

Swim Lesson Testing

June 17th and 18th

5:00 pm - 7:00 pm

Fun Day Celebration!

Friday, August 6th

10:00 am - 12:00pm

No Lessons July 2nd

(Please note that lesson fees are not refundable.)

McKinstry Drive
Doylestown, Pennsylvania 18901
Phone (215) 348-7618

TEACHING THE COMMUNITY TO SWIM - THE FANNY CHAPMAN 2010 LESSON PROGRAM

Lessons are provided for members age four and older, 9:30am - 1:15pm Monday through Friday. Classes are 40 minutes long and follow the progression below.

Parent/Child

One to One Instruction

This class is for parents to bring children under the age of four and work with them in the Toddler Pool. A Swim Instructor will provide guidance to parents to help their child adjust to the water, float on their front and back, and blow bubbles in the water, all in a fun, safe environment.

Non Swimmer

This class is an introduction to water skills for the new swimmer. Children will learn to:

- practice breath control (i.e., blowing bubbles) and submerge their whole body underwater,
- begin to learn how to float on their front and back, and
- be introduced to the arm and leg action for crawl and backstroke.

Beginner I

This class provides the fundamental aquatic skills to begin crawl and backstroke. Children must be able to perform the skills of the Non-Swimmer class, and will learn to:

- float on their front and back by themselves,
- perform the crawl and backstroke kick using proper form,
- perform the crawl and backstroke arm action using proper form, and
- be introduced to treading water.

Beginner II

This class provides further stroke development for the crawl and backstroke. Children must be able to perform the skills of the Beginner I class, and will learn to:

- glide on their front and back,

- perform rotary breathing for crawl stroke,
- tread water using scissor or rotary kick and sculling arm motions for one minute,
- swim crawl and backstroke across the width of the pool, and
- perform a sit dive into deep water.

Intermediate I

This class provides stroke improvement for the crawl and back stroke, and introduces swimmers to breast stroke and butterfly stroke. Children must be able to perform the skills of the Beginner II class, and will learn to:

- swim crawl and backstroke for 25 yards of the pool using proper form,
- perform breaststroke and butterfly kick,
- tread water using scissors, breaststroke or rotary kick and sculling arm motions for two minutes, and
- perform an open turn on front and back, pushing off in a streamlined position,
- perform a compact and stride dive into deep water.

Intermediate II

This class provides stroke refinement for the crawl stroke, backstroke, and breaststroke and continues working on the butterfly stroke. Children must be able to perform the skills of the Intermediate I class, and will learn to:

- swim crawl stroke, backstroke, and breaststroke for 50 yards of the pool using proper form,
- perform a feet-first surface dive,
- perform flip turns for crawl and backstroke,
- perform the butterfly stroke using proper form, and

- perform a shallow dive, glide, and begin any front stroke in deep water.

Swimmers

This class is for the swimmer who is interested in using swimming to improve cardiovascular fitness. This class also introduces swimmers to basic lifesaving skills. Children must be able to perform the skills of the Intermediate II class, and will learn to:

- swim crawl stroke, backstroke, and breaststroke 100 yards continuously using proper form,
- swim butterfly 50 yards continuously using proper form, and
- use lifeguard tube for various floatation activities and as a rescue tool.

Diving

To participate in diving lessons, children must have achieved at least the level of Intermediate I swimming class.

Promotion Requirements:

Diving I

- Front approach with hurdle, back hurdle, forward dive, backward dive, and somersault.

Diving II

- Five required dives and six optional dives with at least one dive in each of the following categories:
 - Forward
 - Backward
 - Inward
 - Reverse
 - Twisting

Fanny Chapman

Swimming & Diving Teams

Our competitive teams are an outgrowth of our instructional program. As such, participants must be mem-

bers of the pool and have reached at least Intermediate I in our lesson program. Further details can be obtained from our Head Swimming or Diving Coach.

Lifeguard Readiness

This is an instructional class designed to practice and refine all previously taught skills. It will also introduce basic life saving skills and help prepare the student for a "Red Cross Advanced Life Saving" course.

Water Games

This class introduces the fundamentals and team play of sports such as water polo, water basketball, and sharks & minnows.

Stroke & Turn

Improve endurance and refine technique in all four competitive strokes, develop competitive starts and turns. Ideal for the developing competitive swimmer.

Special Needs Instruction

This class is designed for children who for any reason (physical, mental, emotional, or social) cannot meet the requirements of the regular lesson program and who require individualized attention. The requirements for this class are at the discretion of the instructor.

