



Swimming Lesson Registration Form

Age: _____ Participant's Name: _____

Parent Name(s): _____

Phone: _____

Email Address (*Required, Please Print):

Program: Six weeks of beach swim lessons taught by Water Safety Patrol Swim Instructors! Keep your child actively learning an important life skill during their time at Fontana Beach on Tuesdays & Thursdays. We are excited to partner with Big Foot Recreation Camp in Summer 2026, offering semi-private swimming lessons to BFR Campers *during non-public lesson times*.

- **Cost-** \$45 for the entire summer program! Please make checks payable to "Water Safety Patrol". Lynette will coordinate all paperwork and payments with WSP.
- *Please note-* encourage your child to remember their swim lesson times and encourage participation! A BFRC counselor will be responsible for gathering all swimmers for their lesson times and remain within the class to promote participation.

Levels: Please view level descriptions on back of this form. If you have questions, please call WSP at 262-245-6577 to help determine best placement. Some levels will be combined during BFRC classes to ensure we have space and time for all campers who wish to join us!

Level Desired:

- Beginner 1/ Beginner 2**
- Beginner 3**
- Advanced Beginner**
- Intermediate**
- Swimmer/Advanced Swimmer**

***Please list any medical conditions or concerns:**

Signature Required:

I (the undersigned) authorize the above-named individual (the participant) to participate in the Geneva Lake Water Safety Patrol Swimming Lesson Program. I assume all risks and hold harmless the Geneva Lake Water Safety Patrol and all of its instructors and employees in the event of an accident or injury.

Signature of parent or authorized adult: _____

Print Name: _____ Date: _____

WSP Swim Lessons- Level Descriptions

Each level will focus heavily on *water safety skills* (floating, treading, swimming endurance, rules of being near or in water)

Beginner1 /Beginner 2:

- Basic water comfort
- Breath control work- blowing bubbles, submerging, rhythmic breathing (bobs)
- Assisted floating on front float and back float, with the goal being independent floaters by end of program
- Introduction to proper kicks and arm movements for front and back strokes
- GOAL: more comfort and independence in submerging, floating, and introduction to strokes

Beginner 3:

- Front and back floats already mastered, working on skill improvements in kicking and arm motions
- Kicking legs on front and back to get from point A to point B in the water
- Arm reaches: pulling water to propel forward while kicking
- Head positioning for strokes- maintaining level at the surface
- Retrieving objects under water to practice and grow breath control
- GOAL: using arm and leg motions to swim through the water in a horizontal position. Greater breath control. Swimming 5-10 feet with front and back strokes

Advanced Beginner:

- Basic front stroke and back stroke forms already learned
- Correcting skills to swim greater distances, more proficiency in the water
- Rhythmic breathing introduced (breathing to the side for front stroke)
- Growing distance with back stroke, focusing on straight kicks and flat positioning on top of the water
- Introduction to elementary backstroke (survival stroke on back)
- Introduction to deep water comfort: jumping in off of pier, practicing treading water motions
- This level primarily stays in shallow water, but will practice “deep water” skills as the comfort of the class allows
- GOAL: swimming farther distances without stopping, treading water, deep water comfort

Intermediate:

- Strokes already taught: front stroke, back stroke, elementary backstroke
- Skill correction and perfection of front, back, and elementary backstrokes
- Introduction to diving (surface dives and standing dives) and sidestroke
- This level is taught in DEEP WATER! Swimmer must be deep-water comfortable
- More advanced safety skills discussed: lifeguarding, CPR, what to do and not do in emergency situations
- Treading for longer periods of time
- GOAL: learn how to dive, improve skills for all strokes, gain endurance in strokes and treading water, learn how to stay safe in waterfront emergency situations

Swimmer/Advanced Swimmer

- Swimmers will gain endurance using front stroke, back stroke, sidestroke, and elementary backstroke
- Skill correction/mastering of all strokes
- Gain survival skills using the survival float, survival stroke, treading water for longer periods of time
- Swimmers should be comfortable using all strokes in deep water for longer distances (instructors may use Swim Area Buoy Line in deep water as their practice area)
- Emergency Situation Awareness and Preparedness
- These are the last couple of levels before swimmers are considered “ready” for lifeguarding practice
- Independent swimmers, using survival skills to rest when needed