



2025 YOUTH SWIM LESSONS

YOUTH SWIM LESSONS: The goal of the SECA Swim Lesson Program is to create a safe, controlled swimming environment through education and training. Thousands of students have been trained to swim and enjoy the water through our program. We strive to maintain discipline, order, and most of all, a positive attitude with your children. Classes are taught by SECA Shark Swim Team Coaches and SECA Lifeguards.

***Classes held: Monday-Thursday
(Friday is a make-up day)***

Week of July 4th - Classes will be Monday-Thursday

Class Size and Instructor Ratio:

3-5-year-olds – 6 students (3:1 ratio)

6-12-year-olds – 8 students (4:1 ratio)

FEE: \$100 per 2-week session/per swimmer

Please make check payable to:

SECA

P.O. Box 67

Quarryville, PA 17566

LESSON DESCRIPTION AGES 3-5	LESSON DESCRIPTION AGES 6-12
Sand Sharks (Beginner) -Develop safe pool behavior and become familiar with the water. Swimmers will work on the <u>basic skills of kicking, paddling, and going underwater.</u>	Tiger Sharks (Beginner) -Children become acquainted with the water, use flotation devices and learn to float and paddle.
Blue Sharks (Intermediate) -Swimmers will learn to independently move through water. Swimmers will be taught to <u>float and paddle without a float belt.</u>	Whale Sharks (Intermediate) -Swimmers build upon basic skills, float, and tread water. Will swim front/back crawl and sidestroke. <u>Swimmers will begin to gain confidence in deeper water.</u>
Mako Sharks (Advanced) -Swimmers will improve stroke skills, build endurance and learn to tread water. Swimmers will also learn sitting and kneeling dives.	Great White Sharks (Advanced) -Swimmers further refine and build endurance in front crawl using rotary breathing, backstroke, elementary backstroke, sidestroke, and diving skills. Swimmers will be introduced to breaststroke, butterfly, and basic water rescue skills.

Session 1	June 10-June 20		Session 2	June 23-July 4
Sand Sharks	10:00-10:30 am		Sand Sharks	10:00-10:30 am
Sand Sharks	10:40-11:10 am		Sand Sharks	10:40-11:10 am
Sand Sharks	11:15-11:45 am		Tiger Sharks	11:05-11:50 am
Tiger Sharks	10:10-10:55 am		Whale Sharks	10:10-10:55 am
Whale Sharks	10:20-11:05 am		Blue Sharks	11:20-11:50 am
Whale Sharks	11:05-11:50 am			

Session 3	July 7-July 18		Session 4	July 21-August 1
Sand Sharks	10:00-10:30 am		Tiger Sharks	10:20-11:05 am
Sand Sharks	10:40-11:10 am		Whale Sharks	10:10-10:55 am
Tiger Sharks	10:10-10:55 am		Great White Sharks	11:05-11:50 am
Whale Sharks	11:05-11:50 am		Blue Sharks	10:00-10:30 am
Great White Sharks	10:20-11:05 am		Blue Sharks	11:15-11:45 am
Blue Sharks	11:15-11:45 am		Mako Sharks	10:40-11:10 am

2025 Registration Form – Return to SECA – One form per swimmer/student

FEE: \$100 per 2-week session/per swimmer

Swimmer's Name _____ DOB _____ Gender M or F Age _____

Parent's Name _____

Address _____

Phone _____ Email _____

FEE _____

CIRCLE YOUR 1st & 2nd CHOICES

****** (You must choose 2 in the event a class is full)**

Session 1: Sand: 10:00 / 10:40 / 11:15 Tiger: 10:10 Whale: 10:20 / 11:05

Session 2: Sand: 10:00 / 10:40 Tiger: 11:05 Whale: 10:10 Blue: 11:20

Session 3: Sand: 10:00 / 10:40 Tiger: 10:10 Whale: 11:05 Great White: 10:20 Blue: 11:15

Session 4: Tiger: 10:20 Whale: 10:10 Great White: 11:05 Blue: 10:00 11:15 Mako: 10:40

I ALSO PERMIT THE SOUTHERN END COMMUNITY ASSOCIATION TO USE ANY PHOTOGRAPHS OR VIDEO OF ME OR MY CHILD(REN) FOR PROMOTIONAL PURPOSES.

Parent initials _____

3/2025