

# Team Rockland Swimming

A Not-for-Profit organization

## Splash N' Swim

Sponsored by *SwimAmerica TM*

### Rockland County's Premier Learn-to-swim program

Helping to create a safer environment for our children

## Spring 2010

March 1 – May 27 (12 weeks)

Beginner and Adv. Beginner classes

#### What will my child be learning?

Following our Skill Progression and Advancement Goals in our Beginner, Advanced Beginner and Development programs your child will:

- Learn (Station 1) gradual water adaptation, (Station 2) survival float-glide-recovery continuing on through (Station 10) extended swimming and technique refinement in all four major strokes.
- For more details see SKILL PROGRESSION AND ADVANCEMENT GOALS on our website at [www.teamrockland.org](http://www.teamrockland.org)

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## Pre-Registration Information

View our website for fees, class calendar and registration schedules

[www.Teamrockland.org](http://www.Teamrockland.org) (click on Splash N' Swim)

For more info. contact Coach Holmes

845-304-5252, [Holmsey11@optonline.net](mailto:Holmsey11@optonline.net)

#### Spring 2010 Registration Night

Returning (Fall 09) Swimmers *only* may secure class spot online (email).

New Registrants – (must register in person)

North Rockland H.S., Annex Café

Wednesday, February 3, 2010

5:30-6:30pm

(classes fill up fast)