

Naper Carriage Hill Swim and Racquet Club

2025 Swim Lesson Registration Form

Lessons at Naper Carriage Hill follow American Red Cross guidelines and are available to children ages 3 and up.

Your child must be 3 by May 31st per Red Cross Safety Regulations

Lessons are taught Monday, Tuesday, Thursday, and Friday

Group Lessons Two 30-minute lessons Members: \$60.00 per child, per session Non-Members: \$90.00 per child, per session Session Times – 10:00am-10:30am, 10:30am-11:00am	Session Dates Session 1: June 9, 10, 12, 13 & 16, 17, 19, 20 Session 2: June 23, 24, 26, 27 & July 7, 8, 10, 11 Session 3: July 14, 15, 17, 18 & 21, 22, 24, 25
Note: Slots may be limited to ensure a safe environment. REFUNDS WILL ONLY BE ISSUED DUE TO POOL RELATED CANCELLATIONS.	**One week sessions can also be accommodated. Cost is half of the cost of a regular session. Simply note that you would prefer a one-week session and specify which week you would like on this form.

American Red Cross Swim Levels – Exit Assessment Skills

Level 1	Enters unassisted, moves 5 yards without the use of a wall, bobs 3 times to chin level, floats on back with support for 3 seconds. Can move from front to back with assistance.
Level 2	Can move into front float for 5 seconds and rollover onto back, return to standing, push off and swim using a combination of arm and leg movements for 15 feet on front or back.
Level 3	Can jump into water from side, swim front crawl for 15 yards with face in water and breathing rhythmically, can maintain position by treading or floating for 30 seconds.
Level 4	Can swim front crawl for 25 yards, can maintain position on back for at least 1 minute, and can swim backstroke and breaststroke for 15 yards. Can tread water for 1 minute and swim back crawl for 25 yards. Can swim continuously for 5 minutes.
Level 5	Can perform a shallow dive into deep water, swim front crawl for 50 yards. Maintain a back float position for 2 minutes and swim backstroke and breaststroke for 25 yards. Can tread water for 2 minutes and swim back crawl for 50 yards.

Parent Name: _____

Phone #: _____ (please use a number you are most often reached at)

Email: _____

Are you a member of NCHSRC? **YES** **NO**

Child's Name	M/F	Age	Level	Time Preference	Session	Cost
				1 st . 2 nd .		
				1 st . 2 nd .		
				1 st . 2 nd .		
Additional Notes:						Total Cost:
						\$

Registrations will begin to be accepted April 17th, confirmations will be sent out via e-mail beginning May 17th.

Prior to May 26th please send the entire completed form and payment to:

Swim Lessons PO Box 2436 Naperville, IL 60567

Swim lesson forms only, please

Checks can be made payable to Naper Carriage Hill Swim and Racquet Club or NCHSRC

After May 26th please bring the completed form and payment to the pool during operating hours or leave in the lockbox on the building

(The P.O. Box will not be checked for swim lesson registrations after this date.)