

Beechwood North 2019 Swimming Registration

Red Cross levels: Parent and Tot (3 months – 24 months), Preschool (children born 2015-2017), Swim Kids 1 – 10 (children at least 5 - born in 2014 and earlier)

Fees per Session: 1 Child: \$45
Each additional child is \$15

Non-members: \$55/child

Split weeks: \$34 per child (members only)

Sessions

Please circle which times you would prefer: Weekdays Evenings (5pm-6pm)

- SESSION 1:** July 1 - July 12
- SESSION 2:** July 15 - July 26
- SESSION 3:** July 29 - August 9
- SESSION 4:** August 12 - August 25

Weather Policy: Lessons will not be in the pool when the air temperature is below 15 degrees (parent and tot will not run when air temperature is below 18 degrees) or during heavy rain where the bottom of the pool is not visible or thunder and lightning. Staff will instead run fun activities on deck or on the patio. ***NO make up lessons will be provided.***

Parent Name (please print): _____ Phone Number: _____

Email: _____

Child's Full Name	Birth Date	Health/ Medical issues	Session	Level
			Fee	

Please complete and return by Wednesday at 4pm prior to session start. One form per session

Red Cross Swim Levels

- Swim Kids 1** At least 5 years of age, no previous swimming experience required
Swimmers develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits, and swim 5 metres.
- Swim Kids 2** At least 5 years of age, successful completion of skills in Swim Kids 1
Swimmers learn front and back glide with flutter kick, develop front swim, complete deep-water activities (assisted) and swim 10 metres continuously.
- Swim Kids 3** At least 5 years of age, successful completion of the skills in Swim Kids 2
Swimmers increase their distance on front and back glide with flutter kick, perform flutter kick unassisted, wear a PFD in deep water, float in deep water, and swim 15 metres continuously.
- Swim Kids 4** At least 5 years of age, successful completion of the skills in Swim Kids 3
Swimmers learn back swim with shoulder roll and front crawl (10m), work on flutter kick on back, perform kneeling dive, introduction to sculling and swim 25 metres continuously.
- Swim Kids 5** At least 5 years of age, successful completion of the skills in Swim Kids 4
Swimmers develop front crawl (15m), learn back crawl (15m) and whip kick on back, learn stride dive and treading water, perform head-first sculling on back, and swim 50 metres continuously.
- Swim Kids 6** At least 5 years of age, successful completion of the skills in Swim Kids 5
Swimmers increase their distance on front and back crawl (25m), learn elementary back stroke (15m), learn dolphin kick, tread water in deep water, perform front dive, and swim 75 metres continuously
- Swim Kids 7** At least 5 years of age, successful completion of the skills in Swim Kids 6
Swimmers increase their distance on front and back crawl (50m) and elementary back stroke (25m), learn front scull, perform whip kick on front and dolphin kick, learn stride entry and swim 150 metres continuously.
- Swim Kids 8** At least 5 years of age, successful completion of the skills in Swim Kids 7
Swimmers increase their distance on front and back crawl (75m) and elementary back stroke (25m), learn breast stroke (15m), learn eggbeater/tread water, perform feet-first surface dive and standing shallow dive, and swim 300 metres continuously.
- Swim Kids 9** At least 5 years of age, successful completion of the skills in Swim Kids 8
Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (25m), learn sidestroke kick, perform head-first surface dive, and swim 400 metres continuously.
- Swim Kids 10** At least 5 years of age, successful completion of the skills in Swim Kids 9
Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (50m), learn sidestroke (25m), perform dolphin kick (vertical), learn feet- and head-first surface dives with underwater swim, and swim 500 metres continuously.