

Level Descriptions

The following descriptions are what your child will be learning in class. If they can already do these activities, they should be placed in the next highest level.

Parent/Child (6 months- 3 years): Starfish

Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.

- | Child | Parent |
|-----------------------|----------------------------------|
| ○ Safety in the pool | ○ Safety in and around the pool |
| ○ Water adjustment | |
| ○ Water entry | ○ Water entry |
| ○ Exploration | ○ Support and holding techniques |
| ○ Swimming on front | ○ Water exit |
| ○ Swimming of back | |
| ○ Breath control | |
| ○ Changing directions | |
| ○ Water exit | |

Non-swimmer: Guppy

Introduction to Water Skills: helps students feel comfortable in the water and to enjoy the water safely.

- Fully submerge face in water.
- Wall crawl.
- Blow bubbles.
- Supported kicking on front and back.
- Float on front and back
- Introduction to alternating arms.

Beginner: Minnow

Fundamental Aquatic Skills: Introduces students to the fundamental skills of swimming.

- Submerging face into water and blowing bubbles
- Introduction to alternating arms
- Supported kicking
- Wall crawl

Intermediate: Jellyfish

Stroke Development: builds on the skills from beginner level by providing additional guided practice while introducing new skills.

- Unsupported freestyle.
- Coordinate freestyle stroke with rhythmic breathing.
- Retrieve objects from bottom of deep water.
- Introduction to backstroke.
- Introduction to treading water.

Intermediate II: Octopus

Stroke Improvement: develops confidence in the strokes and to improve other aquatic skills.

- Demonstrate freestyle, backstroke, side stroke, and elementary backstroke.
- Introduction to breaststroke and butterfly.
- Introduction to flip turn and open turn.
- Treading water.
- Dive from edge of pool.

Advanced: Sea Otter

Stroke refinement: provides further coordination and refinement of strokes.

- Demonstrate knowledge of all four strokes.
- Swimming underwater.
- Diving from diving board.
- Demonstrate flip turn and open turn.
- Swim team ready.

Adult (14 years and up): Sea Turtle

Development of proper stroke technique basics: designed to improve confidence and endurance in the water.

- Developing strong flutter kicking on front and back
- Improve comfort in going underwater and with rhythmic breathing
- Freestyle/ backstroke/ breaststroke techniques
- Water treading training

2017 Rancho Santa Teresa Swim & Racquet Club Swim Lessons



Group Lessons

2017 Summer Swim Lessons

Levels of Instruction:

- Parent/Child: Starfish
- Non-Swimmer: Guppy
- Beginner: Minnow
- Intermediate: Jellyfish
- Intermediate II: Octopus
- Advanced: Sea Otter
- Adult: Sea Turtle

Registration Information

Club member session fee: **\$110.00**
 Non-member session fee: **\$140.00**

- ☞ Registration is accepted on a first come, first serve basis.
- ☞ Refer to the level descriptions on the back of the brochure to properly place your child.
- ☞ Children must be at least 3 years old **AND** "potty-trained" at the start of the session.
- ☞ Payment **IN-FULL** is required to register your child.
- ☞ Registration for swim lessons does not authorize use of the facilities for non-members once the lesson is completed.

Session Information

Session 1: June 12-16 & 19-22
Session 2: June 26-30 & July 3-7
 (no lessons on the 4th of July)
Session 4: July 17-21 & 24-27
Session IV: July 31-August 4 & August 7-10

First Week: Monday—Friday
Second Week: Monday—Thursday
 (Totaling 9 lessons per session)

Each lesson will be $\frac{1}{2}$ hour each:

- 10:30-11:00
- 11:00-11:30
- 11:30-12:00

*****There are no make-up lessons*****

If you have a certain time you would like to be scheduled, please make a note on your registration form. We will do our best to accommodate everyone.

Class size ranges from 2-6 students.

You will be notified via telephone one week prior to the start of the session as to what time slot and instructor you are registered with.

If you have any questions, please email swim.instructor@ranchosantateresa.org or call the office at (408)227-5758 and ask or leave a message for Monique Murray.

Registration Form

Student Name: _____

Address: _____

Cell #: _____

Ask about our new photograph package option (Additional \$5)

<u>Level</u>	<u>Session #</u> (1, 2, 3, 4)	<u>Age</u>
Starfish	_____	_____
Guppy	_____	_____
Minnow	_____	_____
Jellyfish	_____	_____
Octopus	_____	_____
Sea Otter	_____	_____
Sea Turtle	_____	_____

Amount \$ _____

Make checks payable to:
RSTSRC

Notes: (Special time or instructor requests)

Please cut along dotted line and return Registration Form to the office

WAIVER/RELEASE OF LIABILITY

**PLEASE READ CAREFULLY BEFORE SIGNING
THIS IS A RELEASE OF LIABILITY AND WAIVER
OF CERTAIN LEGAL RIGHTS**

I, _____, the parent/
guardian of the swimmer, _____,
agree & understand that swimming is a HAZARDOUS
activity. I recognize there are risks inherent in the
sport of swimming, including but not limited to
paralyzing injuries & death. As the parent/guardian of
the swimmer, I hereby agree to allow the swimmer to
participate in group lessons provided by RSTS&RC ("the
program") and hereby agree to indemnify & hold
harmless RSTS&RC, and its instructors, board members,
officers, directors, agents, & employees against any
liability resulting from any injury that may occur to the
swimmer while participating in the program. I further
agree & authorize any employee or agent of the
RSTS&RC to have the swimmer treated in any medical
emergency while the swimmer is participating in the
program. I understand & agree to pay all costs
associated with medical care & transportation for the
swimmer.

Listed below is/are any and all medical/health
problems/allergies of the swimmer of which I am aware:

Swimmer's Medical/Health Problems/Allergies

I HAVE CAREFULLY READ THE
ABOVE WAIVER/RELEASE OF LIABILITY AND SIGN
IT WITH FULL KNOWLEDGE OF ITS CONTENTS AND
SIGNIFICANCE.

SIGNED:

DATE:

PRINTED: