



Stevensville City Pool

Swim Lesson Registration Form

Participant Information

Name: _____ Birth Date: _____ Sex: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail address: _____

Emergency Information

Parent/guardian name: _____ Relationship: _____

Home phone: _____ Cell Phone: _____

Medical Information

Does the participant have any medical condition of which the instructor should be aware? (For example: diabetes, seizures, etc.) Circle one: Yes No

If yes, please explain:

Group Lesson Options

30 minute classes are offered on Monday-Friday for four 2-week sessions. Choose one or more sessions and the appropriate level. Cost is \$55 per swimmer per session. *ages below are used as guidelines*

_____ <i>First session - June 11-June 22</i>	_____ <i>Second session - July 9-July 20</i>
_____ <i>Third session - July 30-August 10</i>	_____ <i>Fourth session - August 13-August 24</i>
_____ Aqua Tots (Age 6mo-3yrs) – 12p-12:45	_____ Level 4 (Age 7+)- 10:00am-11:30am
_____ Level 1 (Age 3-4+) - 11:30am-12:00pm	_____ Level 5 (Age 8+) – 9:30am-10:00am
_____ Level 2 (Age 4-5+) – 11:00am-11:30am	_____ Level 6 (Age 9-11+) 9:00am-9:30am
_____ Level 3 (Age 5-6+) – 10:30am-11:00am	

Private Lesson Options

60 minute classes are offered on Monday-Friday for two 1-week sessions. Choose one or both sessions and the appropriate level. Cost is \$80 per swimmer per session. *ages below are used as guidelines*

_____ <i>First session - June 25-June 29</i>	_____ <i>Second session - July 23-July 27</i>
_____ Aqua Tots (Age 6mo-3yrs) – 12p-12:45	_____ Level 4 (Age 7+)- 10:00am-11:30am
_____ Level 1 (Age 3-4+) - 11:30am-12:00pm	_____ Level 5 (Age 8+) – 9:30am-10:00am
_____ Level 2 (Age 4-5+) – 11:00am-11:30am	_____ Level 6 (Age 9-11+) 9:00am-9:30am
_____ Level 3 (Age 5-6+) – 10:30am-11:00am	

Lesson Information & Schedules

9:00am-9:30am: Level 6

Swimming & Skill Proficiency – Ages: 9-11+

Swimmers should already be able to: swim front and back crawl 50 yds, elementary backstroke 25 yards, breaststroke 25 yards, butterfly 25 yards, sidestroke 10 yards, tread water for 3 minutes, and dive. Swimmers will work on: All six strokes, front and back crawl flip turn, breaststroke turn, breaststroke speed turn and pullout, butterfly turn, sidestroke turn, pike and tuck surface dive, pike and tuck dive from board, tread water for five minutes, and basic water rescue.

9:30am-10:00am: Level 5

Stroke Refinement – Age: 8+

Swimmers should already be able to: swim freestyle, breaststroke and backstroke 25 yards, scissors kick, whip kick, treading water, and dive. Swimmers will work on: alternate breathing, stride jump, refinement of: freestyle, backstroke, elementary backstroke, sidestroke, breaststroke, dolphin kick and butterfly, open turn on front and back, feet-first surface dive, and treading water.

10:00am-10:30am: Level 4

Stroke Improvement – Age: 7+

Swimmers should already be able to: swim front and back crawl 25 yards. Swimmers will work on: rotary breathing, freestyle, backstroke, elementary backstroke, scissors kick and sidestroke, whip kick and breaststroke, intro to turning at wall, treading water with modified scissors, and diving in kneeling position.

10:30am-11:00am: Level 3

Stroke Development – Age: 5-6+

Swimmers should already be comfortable swimming front stroke and swimming on their back. Swimmers will work on: gliding, freestyle with side breathing, backstroke, breast stroke and dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water and compact dives.

11:00am – 11:30am: Level 2

Fundamental Aquatic Skills – Age: 4-5+

Swimmers should already be able to float on front and back and put head under water. Swimmers will work on: independent front and back floating, independent rolling over from front to back and back to front, independent front and back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.

11:30am-12:00pm: Level 1

Introduction to Water Skills – Age: 3-4+

For the beginner who is comfortable in the water. Swimmers learn basics of swimming: bobbing, going under water, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kick, supported front crawl arms and jumping in.

12:00pm-12:45pm (Monday-Thursday): Aqua Tots

Age: 6 months – 3 years

Designed to give young children a head start on swimming, to get comfortable in the water and begin to work on basic skills while interacting with instructor and other children in a fun and safe environment. Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. Lessons are fun-filled and help introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy.