

CLASS OFFERINGS – SESSIONS AND TIMES					
Refer to class descriptions to select proper classes.		SESSION I 6/20-7/1 (\$45)	SESSION II 7/11-7/22 (\$45)	SESSION III 8/1-8/12 (\$45)	STROKE SCHOOL(\$30) June 13-17-Full Details Below -10am for children 7 and older and able to swim 25 yards on front and back without stopping -11am for children able to swim 25 yards on front and back without stopping who have passed level 3 and/or have experience with all four of the competitive strokes (Fly, Back, Breast, Free) NIGHT CRAWLERS (\$30) WEEK A (6/21-6/25) WEEK B (7/12-7/16) 6:00pm - TURTLE 6:30pm - PORPOISE 7:00pm - WHALE 7:30pm - STROKE IMPROVMENT FOR SHARK New times for any class may be added if demand exceeds scheduling WATER AEROBICS \$75 pass covers all workouts June 8-September 3 M, W, & F, 9-10am M, T & Th, 6-7pm Saturday-10-11am LIFEGUARD TRAINING Non-member registration welcome for LGT. Fee-\$175
	10:00	TURTLE PORPOISE PORPOISE WHALE WHALE	GUPPY no parent(30 Min) TURTLE TURTLE TURTLE 6YRS+ PORPOISE WHALE	*All classes will be 45 minutes, except Guppy, which are 30 minutes.	
	10:45	GUPPY no parent(30 Min) TURTLE TURTLE TURTLE 6YR+ PORPOISE WHALE WHALE	GUPPY w/parent(30 Min) TURTLE TURTLE PORPOISE WHALE SHARK	GUPPY no parent(30 Min) TURTLE TURTLE 6YR+ PORPOISE WHALE	
	11:30	GUPPY w/parent(30 Min) TURTLE PORPOISE PORPOISE WHALE SHARK DIVING	TURTLE PORPOISE PORPOISE WHALE SHARK Lifeguard Prep DIVING	GUPPY w/parent(30 Min) TURTLE PORPOISE PORPOISE WHALE SHARK DIVING	

CLASS DESCRIPTIONS (Level #'s refer to Amer. Red Cross classifications)

- GUPPIES w/Parent (\$45):** Ages 18 mo - 3 yrs – Parent or other adult in water with child to start, but encourage independence towards end of session. Comfort in water is the goal. Please note this is a 30 minute class.
- GUPPIES w/o Parent (\$45):** Level 1. Ages 2 - 3 yrs – Child without parent. A specialized class working on locomotion in shallow and deep water. Must be comfortable in the water without parent, able to put face in the water and blow bubbles, and go under water. Please note this is a 30 minute class.
- TURTLE (\$45):** Level 2. Must Be Ages 4 - 5 yrs. – Learn to hold breath and submerge and swim underwater, retrieve objects off bottom and explore deep water. Swim on front, back and side unsupported. Can immediately take PORPOISE if successful in passing, regardless of age.
- TURTLE 6YRS+ (\$45):** Level 2. Ages 6 and older - Same as above, but a special class for the older child who has no swimming experience, is not comfortable with face in the water, or swimming unsupported.
- **“Porpoise” and higher are open to any who can perform the skills, regardless of age or enrollment in previous courses.****
- PORPOISE (\$45):** Level 3. Learn to swim 15 yards front crawl with face in the water and rhythmic breathing, and 15 yards of elementary backstroke. Learn butterfly kick. Float and tread water for 30 sec.
- WHALE (\$45):** Level 4. Learn to swim front crawl and elementary backstroke for 25 yards, and 15 yards each of back crawl, butterfly, sidestroke and breaststroke. Survival float and back float 1 min each, open turns, and dive from the side.
- SHARK (\$45):** Level 5. Learn to do front crawl and elementary backstroke 50 yards each; butterfly, back crawl, breaststroke and sidestroke 25 yards each. Front and back flip turns and 3 types of surface dives.
- Lifeguard Readiness (\$45):** Provides certification in victim recognition, general first aid topics, and practice of basic water rescue techniques. Excellent preparation for Lifeguard Training. Must have passed Level 5-Shark.
- DIVING (\$45):** You must be able to swim 25 yards. You will learn the proper approach and simple dives from the 1 meter board. Do not sign up for this course if you are only interested in learning to dive off the edge of the pool. This course is to help those interested in competition type diving. **ADVANCED DIVING will be taught on an individual basis in these diving classes.**
- *NEW* STROKE SCHOOL(\$30): (June 13-17)** Aimed at the competitive swimmer, or those wishing to brush up on the four competitive strokes. Each day will focus on one stroke, and Friday will be spent working on starts and turns. At 10am, children should be 7 and able to swim 25yds on front and on back without stopping. At 11am - children should have passed level 3 or had experience with all 4 competitive strokes. Able to swim 25 yds on front and back without stopping.
- LIFEGUARD TRAINING (\$175):** Provides the individual with knowledge and skills to become a lifeguard, including CPR and First Aid. You must be at least 15 years old by the last day of class (**bring proof of age to class**). Prerequisites: swim 500 yds using 100 yds of front crawl, 100 yds breast, then breast or front crawl for the remaining 300 yds. Swim 20 yards, submerge to 7 feet, retrieve a 10 lb object and swim 20 yds holding the object out of the water with both hands, face above water. Textbooks included.

LESSON PRE-SEASON MAIL REGISTRATION (certificate members only)

General Information About Lessons

- Mail registration is limited to **1 class per student**. Additional classes may be added **IN PERSON** at the pool May 14 & 15 or at the office during regular pool hours.
- Traditional Group, Night Crawler, Lifeguard Training, Adult Water Aerobic, and Stroke School classes are all available through mail registration.
- A **random** lottery of registrations received and post-marked by May 1 will prioritize class assignments. Classes are not issued by date of arrival.
- Students completely closed out of their selections will be notified by mail by Sun., May 15th. They, along with any new registrants must then enroll in person on May 14 & 15 or during pool hours for a list of openings.
- Verification of class assignments is made through **your self-addressed, stamped envelope**. Otherwise, only at the office during open house or during regular pool hours.
- Member initiated class changes after registration are subjected to a \$15 "change fee"

Registration Checklist

- Ensure accurate information
- Select class and times from schedule on back of this form
- CARPOOLS can receive same lottery number if mailed in same envelope
- Dues and lesson payment must be complete to participate in the lottery (can be in same check)
- Include **self-addressed, stamped envelope** to receive quick verification of assignments
- Return Registration form, with fee

PRE-SEASON LESSON MAIL REGISTRATION (Certificate Holders Only)

Family Name _____ **Phone** _____

Address _____ **City** _____ **Zip** _____

Student#1	Class	Age	Fee
1 st Choice	2 nd Choice	3 rd Choice	
Session _____ Time _____	Session _____ Time _____	Session _____ Time _____	

Student#2	Class	Age	Fee
1 st Choice	2 nd Choice	3 rd Choice	
Session _____ Time _____	Session _____ Time _____	Session _____ Time _____	

Student#3	Class	Age	Fee
1 st Choice	2 nd Choice	3 rd Choice	
Session _____ Time _____	Session _____ Time _____	Session _____ Time _____	



TOTAL LESSON PAYMENT \$ _____
 Must accompany Registration (May include in due checks)
MAIL VERIFICATION OF CLASS PLACEMENT ONLY
 IF YOU PROVIDE A SELF-ADDRESSED, STAMPED ENVELOPE