

## Jefferson Park and Recreation District Swimming Lesson Program Registration

Family Last Name: \_\_\_\_\_ Parent/ Guardian Name: \_\_\_\_\_

Name and age of Swimmer(s): \_\_\_\_\_

Address \_\_\_\_\_ Phone(s) \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Has your child(red) taken lessons at the facility in the past? **Yes/No** When: \_\_\_\_\_

Allergies: **Yes / No** List: \_\_\_\_\_

Medical info we should know: \_\_\_\_\_

Special needs: **Yes / No** Explain: \_\_\_\_\_

Discipline issues we should know: \_\_\_\_\_

**\*\*Classes with less than 3 students will be rescheduled to a different time: Initial \_\_\_\_\_**

**\*\*\*All classes and levels are not offered at every time slot, please have some flexibility when signing up.**

### Lessons run Monday-Thurs:

(\*There will be no classes on July 4<sup>th</sup> that week will be prorated)

Morning Session: 9:30a-11:50a Level:	Evening Session: 6:00p-7:00p Level:
1. _____ June 24 – June 27* 2. _____ July 1 – July 11 3. _____ July 15 – July 25 4. _____ August 5 – August 15 5. _____ August 19- August 29	1. _____ June 24 – June 27* 2. _____ July 1 – July 11 3. _____ July 15 – July 25 4. _____ August 5 - August 15 5. _____ August 19 - August 29

\*June 24-27 will be 4 day mini sessions; limited times and levels available

Parent/Guardian Permission for swimmer to participate: \_\_\_\_\_ Date: \_\_\_\_\_

### Lessons Pricing:

Regular Swim lessons sessions                      In-District: \$45.00; Out-of-District: \$50.00

Mini Sessions (June 24-27)\*\*                              In District: \$22.50; Out-of-District: \$25.00

Session 2 (No class 4<sup>th</sup> of July)\*\*                      In-District: \$40.00; Out-of-District: \$45.00

**\*\*\*10% discount off regular lessons for families with summer family passes.**

OFFICE USE ONLY:

Time Slot: \_\_\_\_\_ Fees \_\_\_\_\_ Date Paid \_\_\_\_\_ Receipt # \_\_\_\_\_ By \_\_\_\_\_

## Parent/Tot (ages 6 months-3 years)

This class teaches basic water safety and swimming skills. Emphasis is placed on enjoyment, pre-learning activities, development of swimming confidence and basic water safety. Students must be accompanied in the pool by a parent or adult at all times for the safety and comfort of each child. *This class is only offered at 5:30pm*

**Level 1:** This class is designed for beginner level swimmers, children who have had little or no swimming experience, or are a little apprehensive in the water. Unaccompanied by parents in the water, students will explore and focus on basic paddle stroke, voluntary water entry, kicking skills, floating, and submerge underneath the water.

**Level 2:** This class is designed for children to learn how to move in the water independently. Students will also begin to learn proper techniques for front and back swimming as well as floating.

**Level 3:** This class is designed for children who are ready to swim on their own. At this level the child will work on the details of freestyle, including side breathing, and backstroke as well as be introduced to elementary backstroke and treading water.

**Level 4:** Students continue to refine basic skills becoming proficient in freestyle and backstroke as well as elementary backstroke. Students will be introduced to breaststroke at this level as well.

**Level 5:** Students will continue to refine freestyle and backstroke, breaststroke and elementary backstroke. Students will be able to swim the width of the pool (~10 m) proficiently using freestyle, backstroke, and elementary backstroke. They will also be able to swim half the width of the pool (~5 m) proficiently using breaststroke. The students will also be introduced to sidestroke.

**Level 6:** At this level students will begin swimming the length of the pool (~25 m). The goal is with continued practice to improve the endurance of each swimmer. Students will also continue to work on scissor kick for sidestroke and be introduced to dolphin kick.

**Level 7:** In this level students will continue to work on their endurance with freestyle, backstroke, breaststroke, elementary backstroke and sidestroke. Students will also begin introduction of squad level swimming.

**Level 8:** Butterfly and front flip turns will be taught at this level. Refinement of competitive strokes and techniques are perfected.

**Level 9:** Additional turns such as backstroke flip turn, butterfly turn, and breaststroke turn will be taught at this level.

**Level 10:** Competitive swimming and endurance is perfected.

OFFICE USE ONLY:

Time Slot: \_\_\_\_\_ Fees \_\_\_\_\_ Date Paid \_\_\_\_\_ Receipt # \_\_\_\_\_ By \_\_\_\_\_