REGISTRATION for LEARN-TO-SWIM

This program is for children between ages 3 and 12. All children must be potty-trained.

1. SWIMMER INFORMATION
   Swimmer's Name
   Address
   City, State, Zip
   Phone #

2. PARENT/GUARDIAN INFORMATION
   Parent/Guardian's Name
   Address (if different from above)
   City, State, Zip
   Phone #
   Email (PLEASE PRINT LEGIBLY)

3. CHOOSE SESSION
   Session: (circle one)       Session 1:       Session 2:
   (8:30 - 9:10am)            (9:20 - 10:00am)

4. CHOOSE SWIM LEVEL
   Swim Level: (circle one)  1  2  3  4  5  6  7
   (Make your best guess based upon the swim level information provided. We will make any necessary adjustments on Days 1 & 2.)

For Office Use Only:
Medical Authorization Received
If your child needs medical, dental, health or hospital services, under the law, you as a parent must give permission. Naturally, if you are with your child, you can give permission as the need arises. You can prepare for those unexpected times when you are not with your child by filling out this authorization form. Using this form, you give permission to other adults to act for you, in your absence, regarding the treatment of your child.

This is a legal document. After you complete this form, give a copy to each adult you have named to act on your behalf. If your child needs unexpected medical treatment, the responsible adult should present this document to the appropriate person - physician, dentist, or hospital representative.

When a true emergency exists, a child may be treated without parental consent. This will happen when a physician determines the child needs immediate medical care and that an attempt to obtain parental consent would result in a delay which would increase the risk to the child's life or health.

**IDENTIFICATION**

Name of Child
Birth Date
Date of Last Tetanus Shot
Medications Now Being Taken
Known Allergies
Special Conditions

**HOSPITALIZATION COVERAGE FOR ABOVE-NAMED MINOR**

Insurance Company or Government Program
Insurance ID or Contract #

**FAMILY PHYSICIAN**

Name
Address
Phone #

I, being the parent of custody or legal guardian of the above-named minor, do hereby appoint

Name (print)
Address
Phone #

to act on my behalf in authorizing unexpected medical, dental, surgical care and hospitalization of the above-named minor in my absence.

Signature of Parent/Guardian Date

Signature of Witness Date

This form is valid for a period of 90 days from the date signed.
SWIM LEVEL GUIDE

Below is a list of some of the skills that will be taught in each swim level. Read the descriptions to help you decide which class level will be best for your child. Keep in mind that if your child is not in the correct class, we will make any necessary adjustments on Days 1 and 2. If you are having trouble deciding between two levels, we might suggest that you choose the lower level as it's much easier on the ego to be moved up a level than it is to be moved back a level.

LEVEL 1 – WATER EXPLORATION
- Fully submerge face
- Kick while on back, fully supported
- Kick while on front, fully supported
- Walk 5 yards in chest-deep water, alternating arms
- Float on front, fully supported
- Float on back, fully supported
- Blow bubbles into water
- Put on life jacket and enter shallow water
- Enter and exit water independently using ladder, ramp or steps

LEVEL 2 – PRIMARY SKILLS
- Hold breath and fully submerge head for 3 seconds
- Step from side into chest-deep water, recover to a vertical position
- Get out of the side of the pool
- Float on back, unsupported
- Rhythmic breathing
- Orientation to deep water
- Flutter kick on front
- Flutter kick on back
- Back crawl arm action
- Combined stroke from front, using kick and alternating arm action
- Turn over from front to back
- Float in life jacket with face out of water
- Retrieve objects under water

LEVEL 3 – STROKE READINESS
- Retrieve objects under water with eyes open, no support
- Bob, submerging head completely
- Dive from side of pool from kneeling position
- Tread water
- Jump into deep water with life jacket on
- Reverse direction while swimming on back
- Coordinate arm stroke for front crawl with breathing to the side
- Prone glide with push-off
- Supine glide with push-off
- Reverse direction while swimming on front
- Elementary back stroke
- Jump into deep water from side of pool

LEVEL 4 – STROKE DEVELOPMENT
- Deep water bobbing
- Demonstrate jelly fish and tuck floats
- Rotary breathing in shallow water
- Dive using standing position
- Elementary backstroke – 10 yards
- Front crawl – 25 yards – rotary breathing
- Back crawl – 25 yards
- Breaststroke kick 10 yards with or without a board
- Scissors kick 10 yards with or without a board
- Change of direction at wall
- Tread water – 2 minutes – any kick
- Demonstrate rescue breathing
- Become familiar with CPR

LEVEL 5 – STROKE REFINEMENT
- Alternate breathing
- Stride jump entry
- Breaststroke 10 yards
- Sidestroke 10 yards
- Swim under water 3 body lengths
- Elementary backstroke – 25 yards
- Dolphin kick 10 yards – board optional
- Front crawl 50 yards
- Back crawl 50 yards
- Open turn on front and back
- Tread water for 2 minutes using 2 different kicks

LEVEL 6 – SKILL PROFICIENCY
- Front crawl 100 yards
- Back crawl 100 yards
- Breaststroke 25 yards
- Sidestroke 25 yards
- Butterfly 10 yards
- Approach stroke 25 yards (no turn necessary)
- Breaststroke and sidestroke turn
- Speed turn and pullout for breaststroke
- Flip turn for front crawl
- Tread water for 3 minutes, 1 minute with no hands
- Demonstrate throwing rescue

LEVEL 7 – ADVANCED SKILLS
- Swim continuously, any stroke, for 500 yards
- Front crawl for 200 yards
- Swim underwater 15 yards
- Back crawl 100 yards
- Breaststroke 50 yards
- Sidestroke 50 yards
- Butterfly 25 yards
- Back turn
- In-water rescue
- Retrieve brick in 8-10 feet of water
- Tread water for 5 minutes