



2023 MEMBER'S PRIVATE SWIM LESSON REGISTRATION FORM

Please Print Clearly - Please fill out one form for each child

Child's Name _____ Birthdate ____ - ____ - ____
 (Min Age - 4)

Is child included in a 2023 Membership? No Yes - Membership Name _____

(Please note: Private and Semi-private swim lessons are only available for current 2023 members.
 Private and semi-private swim lessons are NOT available for non-members.)

Parent or Guardian's Name _____

Email _____

Daytime Phone _____

Cell Phone _____

√	Days Available	Times Available	
		A.M.	P.M.
	Monday		
	Tuesday		
	Wednesday		
	Thursday		
	Friday		
	Saturday		
	Sunday		

Child's Current Swim Abilities:

- Afraid of water
- Puts face underwater
- Floats – front, back, both
- Treads water
- Other notes _____

Approximate Swimming Level (see reverse for explanation of swim levels):

- 1 2 3 4 5 6

Preferred Date to Begin Lessons:

Preferred Date to End Lessons:

COST

- One Single 30 min Private Lesson (\$55)
- One Single 30 min Semi-Private Lesson (\$45 per child)
- Package of three 30 min Private Lessons (\$135)
- Package of three 30 min Semi-Private Lessons (\$105 per child)

Name of Child that will be sharing in the Semi-Private Lesson (if applicable)

Maximum of two (2) children allowed to participate in Semi-Private lessons. New lessons will not be taken after August 1st due to instructor availability. Scheduled Lessons require a 24-hour cancellation notice or the paid lesson will be forfeited. Lessons cancelled due to inclement weather will need to be rescheduled at a mutually convenient time between you and your swim instructor. **NO REFUNDS OR CREDITS WILL BE MADE FOR ABSENCES, ILLNESSES, SUSPENSIONS, DISMISSALS, CANCELLATIONS OR FAILURE TO SCHEDULE LESSONS.** The POOLS & PLAYGROUND are not open for recreational use until 11:00 a.m.

Signature of Parent/Guardian _____ Date _____

EXIT SKILL LEVELS

The skills listed below are the skills swimmers must have to exit each level. Please be sure that your child has successfully completed the previous skills prior to registering for the next sequential class.

Level 1: Introduction to Water Skills

Enter and exit water safely
Submerge mouth, nose and eyes for 3 seconds
Swim on front and back using arm and leg actions
Open eyes underwater, pick up submerged objects
Float on front and back
Follow basic water safety rules
Exhale underwater through mouth and nose
Explore arm and hand movements
Use a lifejacket

Level 2: Fundamental Aquatic Skills

Enter water by stepping or jumping from the side
Exit water safely using ladder or side
Submerge entire head
Swim on front and back using combined strokes
Open eyes underwater, pick up submerged objects
Float on front and back
Perform front and back glide
Roll over from front to back, back to front
Swim on side
Tread water using arm and leg motions
Move in the water while wearing a life jacket

Level 3: Stroke Development

Jump into deep water from the side
Bob with the head fully submerged
Submerge and retrieve an object
Perform front and back glide
Perform survival float
Perform front and back crawl 15 yards
Butterfly-kick and body motion 15 feet
Use rotary breathing in horizontal position
Change from horizontal to vertical position on front and back
Dive from kneeling or standing positions
Use Check-Call-Care in an emergency
Perform the HELP and Huddle position
Perform a reaching assist
Treading water 30 seconds

Level 4: Stroke Improvement

Perform shallow dive or dive from stride position
Perform open turns on front and back using any stroke
Swim underwater
Perform the following:
Front and back crawl 25 yards
Breaststroke 15 yards
Swim on side using scissors-like kick 15 yards
Butterfly 15 yards
Elementary backstroke 15 yards
Tread water using sculling arm motions and kick one minute
Perform feet-first surface dive
Care for conscious choking victim
Use safe diving rules
Perform a throwing assist

Level 5: Stroke Refinement

Tread water with two different kicks 2 minutes
Learn survival swimming
Perform rescue breathing
Shallow dive, glide two body lengths and begin any front stroke
Perform the following:
Standing dive
Tuck surface dive
Front crawl 50 yards
Butterfly 25
Elementary backstroke 25 yards
Backstroke flip turn
Pike surface dive
Breaststroke 25 yards
Back crawl 50 yards
Sidestroke 25 yards
Front flip turn

Level 6: Personal Water Safety

Tread water 5 minutes. Tread water with only legs 2 minutes
Survival swimming 10 minutes
Back float 5 minutes
Perform rescue breathing
Self-rescue techniques while clothed
Swimming while clothed
Basic safety rules for open water
Perform the following:
Standing dive
Tuck surface dive
Front crawl 100 yards
Butterfly 50 yards
Sidestroke 50 yards
Elementary backstroke 50 yards
Backstroke flip turn
Breaststroke turn
Sidestroke open turn
Pike surface dive
Breaststroke 50 yards
Back crawl 100 yards
Front flip turn
Butterfly turn