

# Swimming Lesson Enrollment Form

Please fill out and return to the pool as soon as possible as classes will fill up fast.

Lessons are for children ages 4 and up. Classes are taught Monday through Thursday for 2 weeks.\* The cost is \$40 per session for members and \$60 per session for non-members. Checks should be made payable to: City of Bel Aire.

*\*If a class is canceled, you will be notified of a make up time.*

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Parent/Guardian Names: \_\_\_\_\_

Address: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ Secondary Phone: \_\_\_\_\_

<b>Level I: Water Exploration</b>	<b>Children learn basics of swimming:</b> bobbing, front and back float, front and back glide, flutter kicking, jumping in, complete submersion, and deep water exploration with instructor.
<b>Level II: Primary Skills</b>	<b>Children should already be able to:</b> float on front and back and put head under water. <b>Children will work on:</b> floating, gliding, breathing techniques, flutter kick, front crawl, back crawl, breaststroke kick, turning over in water, retrieving objects underwater, and jumping into deeper water.
<b>Level III: Stroke Readiness</b>	<b>Children should already be able to:</b> swim front and back crawl. <b>Children will work on:</b> gliding, rotary breathing, front crawl, back crawl, elementary backstroke, breaststroke, treading water, jumping into deep end, and beginning diving.
<b>Level IV: Stroke Development</b>	<b>Children should already be able to:</b> swim front and back crawl 25 meters, elementary backstroke, breaststroke, and beginning dive. <b>Children will work on:</b> deep water treading, sidestroke, butterfly kick, standing dive, longer distance swimming, and stroke improvement.
<b>Level V: Stroke Refinement</b>	<b>Children should already be able to:</b> swim front and back crawl, elementary backstroke, breaststroke, and sidestroke for 50 meters, standing dive, and deep water treading. <b>Children will work on:</b> butterfly, flip turns, distance swimming, speed swimming, deep water treading for 5 minutes, and stroke perfection.

**Please circle the level number under the session and time that you would like your child to attend.**

Session One: June 11– June 21	
11:00 – 11:45 am	Level: 1 2 3 4 5
12:00 – 12: 45 pm	Level: 1 2 3 4 5
7:00 – 7:45 pm	Level: 1 2 3 4 5

Session Two: July 9 – July 19	
11:00 – 11:45 am	Level: 1 2 3 4 5
12:00 – 12: 45 pm	Level: 1 2 3 4 5
7:00 – 7:45 pm	Level: 1 2 3 4 5

Session Three: July 23 – August 2	
11:00 – 11:45 am	Level: 1 2 3 4 5
12:00 – 12: 45 pm	Level: 1 2 3 4 5
7:00 – 7:45 pm	Level: 1 2 3 4 5

Parent/Guardian Signature: \_\_\_\_\_ Receipt No. \_\_\_\_\_

Amount Due: \_\_\_\_\_ Date Paid: \_\_\_\_\_ Check Number: \_\_\_\_\_