



SWIM LESSONS  
UNIVERSITY

# SUMMER 2015

## GROUP SWIM LESSONS

PARDS offers a swimming lessons program that teaches basic swimming skills to kids, aged 3 to 12. We use the Swimming Lessons University swim program here at PARDS. All of our instructors are certified through this program and are trained to teach your child through a progressive format in a motivational and enjoyable setting.

### Payment and Enrollment INFO:

- \* Each session is 8 classes, 45 minutes each, Monday-Thursday for 2 consecutive weeks.
- \* Member Fee: \$45.00
- \* Non-member Fee: \$75.00

### Lesson Requirements:

- \* Must be 3 years old by the first day of lessons and must be potty trained.

### Program Information:

- \* Ratio of 4 to 5 students per instructor with Lifeguard on deck. Instructors are CPR certified.
- \* **Parents are NOT allowed on the deck or around windows and doors during class. We want the swimmer to focus all of their attention on the instructor during their lesson time.**
- \* Parents and family are invited to watch the entire class the last day of the session.
- \* Orientation will be held 5 minutes before your child's 1<sup>st</sup> class.
- \* Swimmers must provide their own proper swim attire, swim cap, goggles (if needed).

### Session Dates: (Please circle the session you would like your child to be in)

- \* June 29<sup>th</sup> - July 9<sup>th</sup> Monday-Thursday
- \* July 13<sup>th</sup> - 23<sup>rd</sup> Monday-Thursday
- \* July 27<sup>th</sup> - August 6<sup>th</sup> Monday-Thursday

### Class Times: (Please circle the class time you would like your child to be in)

- \* 10:00AM
- \* 11:00AM
- \* 5:45PM
- \* 6:45PM

\*\*Please fill out your swimmer's INFO on the back of this page.

**Swim Lessons University Levels and Class Descriptions:**

**SWIM 101: (3-5yrs)**

- \* Young beginners ages 3-5 years old.  
**These skills will be taught:**
  - \* First-time submersion
  - \* Breath holding
  - \* Breath control
  - \* Front kicking
  - \* Back kicking
  - \* In-line kicking
  - \* Paddle stroke
  - \* Basic swimming using a "Pop-up" breath or "Roll-over" breath

**SWIM 102: (6-12yrs)**

- \* Beginners ages 6-12 years old  
**These skills will be taught:**
  - \* Breath holding
  - \* Breath control
  - \* Flutter kicking on the Front
  - \* Flutter kicking on the Back
  - \* In-Line kicking
  - \* Paddle Stroke
  - \* Freestyle (front crawl) without side breathing

**SWIM Strokes 201 & 202:**

- \* 201: Ages 3-5 years old
- \* 202: Ages 6-12 years old  
**These skills will be taught:**
  - \* Flutter kicking with kickboard
  - \* Flutter kicking on the back
  - \* Breath control
  - \* Streamline flutter kicking
  - \* Backstroke
  - \* Freestyle with side breathing

**ADVANCED Swim Strokes 301:**

- \* Ages 4-12 years old  
**These skills will be taught:**
  - \* Backstroke (refinement)
  - \* Freestyle (refinement)
  - \* Breaststroke kick (whip kick)
  - \* Breaststroke arms
  - \* Breaststroke kick & Stroke timing
  - \* Breaststroke
  - \* Body Dolphin Butterfly kick
  - \* Butterfly arm stroke
  - \* Butterfly kick and Stroke timing

**Please CIRCLE the Level your child should be in: (IMPORTANT)**

SWIM 101

SWIM 102

SWIM Strokes 201

SWIM Strokes 202

ADVANCED Swim Strokes 301

CHILD'S NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ GENDER: ( M / F )

PARENT/GUARDIAN'S Name: \_\_\_\_\_

CONTACT #: \_\_\_\_\_ EMAIL ADDRESS: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Contact #: \_\_\_\_\_

**\*\*NSF Fee of \$25.00 will be charged for ALL Returned checks.      Initials: \_\_\_\_\_**

**Office Use ONLY:**

**Paid By:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Amount:** \_\_\_\_\_

**Check #:** \_\_\_\_\_ **CC:** \_\_\_\_\_ **Initials:** \_\_\_\_\_