



2018 SPRING Group Swim Lesson Registration

PARDS OFFERS A SWIMMING LESSON PROGRAM THAT TEACHES BASIC SWIMMING SKILLS TO KIDS. WE USE THE SWIMMING LESSONS UNIVERSITY SWIM PROGRAM. 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.

LESSON REQUIREMENTS:

Ages 3-12 years old*

*Must be 3 by the 1st day of lessons, and must be potty trained

PROGRAM INFORMATION:

-Ratio of 4 to 5 students per instructor, whom are Lifeguard/CPR/First Aid 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.

-Swimmers must provide their own proper swim attire and goggles (if needed).

SESSION DATES AND TIME:

(CIRCLE ONE)

Session 1: APRIL 9th-19th

Session 2: MAY 7th-17th

TIME: 6:30PM-7:15PM

Each Session is Monday-Thursday for 2 consecutive weeks, 45 minutes per class.

LEVELS:

(CIRCLE ONE)

Level Descriptions on BACK; PLEASE Read CAREFULLY

Swim 101

Swim 102

Swim 202

Swim 301

Member Fee: \$45.00

Non-member Fee: \$75.00

NO Cash accepted. Check, Card, or Money Order ONLY.

CHILD'S NAME: _____ AGE: _____ GENDER: M OR F

PARENT'S NAME: _____ CONTACT #: _____

ADDRESS: _____

EMAIL ADDRESS: _____

EMERGENCY CONTACT #: _____ NAME & RELATIONSHIP: _____

ANY INFORMATION INSTRUCTOR NEEDS TO KNOW: (MEDICAL CONDITIONS, SPECIAL NEEDS, ETC.)

In case of an emergency, I authorize PARDS Fitness & Aquatics Center STAFF to administer first aid to the swimmer named above. I agree not to hold PARDS Fitness & Aquatics Center liable if my child is injured while participating in swim activities.

PARENT SIGNATURE: _____ DATE: _____

*NSF FEE OF \$25.00 WILL BE CHARGED FOR ALL RETURNED CHECKS.

INITIALS: _____

OFFICE USE ONLY:

Paid By: _____ Date: _____ Amount: _____

Check #: _____ CC: _____

FOR MORE INFORMATION CONTACT:

(225)664-8099
pardscfs@yahoo.com

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
- Butterfly

**At the end of your child's session they will receive a report card, which will let you know if they are ready for the next level.*