



AMERICAN RED CROSS SWIMMING LESSONS

American Red Cross progressive swimming lessons are taught by Certified Water Safety Instructors and Certified Water Safety Aides. Both swimming and safety skills are taught.

Each group lesson is 30 minutes. Sessions are held Monday and Wednesday or Tuesday and Thursday of each week for 4 weeks with a total of 8 lessons being taught. Maximum 5 children per instructor. Parents are welcome to stay and watch. Parents must remain on premises during lesson. Private lessons are also available.

Summer (June 2010) Schedule (CIRCLE SESSION ID)

SESSION ID	BEGIN DATE	END DATE	DAYS	LEVEL	TIME
Session 200613	June 28th	July 8th	M-Th	Level 1	10:00-10:30 a.m.
Session 200613	June 28th	July 8th	M-Th	Level 2	10:45-11:15 a.m.
Session 200613	June 28th	July 8th	M-Th	Level 3	11:30-12:00 a.m.
Session 200613	June 28th	July 8th	M-Th	Level 1	4:30 – 5:00 p.m.
Session 200613	June 28th	July 8th	M-Th	Level 2	5:15 – 5:45 p.m.
Session 200613	June 28th	July 8th	M-Th	Level 3	6:00 – 6:30 p.m.

Summer (June 2010 Schedule (CIRCLE SESSION ID)

SESSION ID	BEGIN DATE	END DATE	DAYS	LEVEL	TIME
Session 200614	July 12th	July 22nd	M-Th	Level 1	10:00-10:30 a.m.
Session 200614	July 12th	July 22nd	M-Th	Level 2	10:45-11:15 a.m.
Session 200614	July 12th	July 22nd	M-Th	Level 3	11:30-12:00 a.m.
Session 200614	July 12th	July 22nd	M-Th	Level 1	4:30 – 5:00 p.m.
Session 200614	July 12th	July 22nd	M-Th	Level 2	5:15 – 5:45 p.m.
Session 200614	July 12th	July 22nd	M-Th	Level 3	6:00 – 6:30 p.m.

Fees:

Group Lessons

Members \$70 / 8 classes. Sibling \$60 / 8 classes.
 Non-Members \$90 / 8 classes. Sibling \$80 / 8 classes.

Private Lessons

Members \$20 per 30 minute lesson or 5 lesson package for \$90.
 Non-Members \$30 per 30 minute lesson or 5 lesson package for \$125.

Additional classes will be added upon demand.
 There are NO refunds or make up days for missed classes. NO EXCEPTIONS!



SWIM LEVEL DEFINITIONS
All swim lesson levels include Safety Skills

LEVEL 1 Introduction to Water Skills – Learn to use ladder, steps, or side to enter or exit the water, completely submerge the face and open the eyes under water, blow bubbles through mouth and nose, front and back float and recovery from the floating positions, tread water, alternating arm and leg action on front and back (all with support).

LEVEL 2 Fundamental Water Skills – Learn to float on front and back with glide and recover from those positions, swim a combined stroke front and back, jump from side of pool, submerge head by performing bobs, tread water using arm and leg motion in chest deep water, combined arm and leg action on front and back, use finning and sculling arm action (all unsupported).

LEVEL 3 Stroke Development – Learn to front crawl with rotary breathing with body in horizontal position, back and butterfly stroke using arms and legs, retrieve a submerged object, learn a kneeling or standing dive and survival float, jump from side of pool into deep water, change direction from vertical to horizontal position on front and back, tread water in deep water for 30 seconds.

LEVEL 4 Stroke Improvement – Learn to dive from side of pool from standing position, underwater swimming, feet first surface dive, survival, front, and back floats for at least one minute, turn at the wall from front and back position, tread water in deep water for at least one minute, front and back crawl, butterfly, breaststroke, elementary backstroke and side stroke for increased distances.

LEVEL 5 Stroke Refinement

LEVEL 6 Swimming and Skill Proficiency

Swimming for Fitness - A lap swim workout with drills and games designed to improve stroke efficiency and technique.

PARTICIPANT INFORMATION

Name _____ Nickname _____ Age _____

Parent's Name _____

Address _____

Phone Number _____ Cell Number _____

Session Number _____ Level _____ Time _____

Pediatrician _____ Phone Number _____

Any Allergies? _____ Taking Medication? _____

If yes, please explain _____

Emergency Contact Number _____

I, as a parent or authorized guardian of the above named minor, hereby give my permission for my child or ward to participate in events and activities at Cordova Athletic Club. I HEREBY RELEASE AND SHALL DEFEND, INDEMNIFY AND HOLD HARMLESS THE RELEASEES FROM EVERY CLAIM AND ANY LIABILITY that I or my child or ward may allege against the releasees (including reasonable attorney's fees and costs) as a direct or indirect result of injury to me or my child or ward because of my child's or ward's participation at Cordova Athletic Club WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES or others, I PROMISE NOT TO SUE RELEASEES on my behalf of my child or ward regarding any claim arising from my child's or ward's participation at Cordova Athletic Club and further agree individually and on behalf of my child or ward, to the terms above.

Parent Signature _____ Date _____