



# 2018 Summer Swim Lessons

## Group Lessons 4:1

Our group swim lessons begin June 11<sup>th</sup> and are held Monday – Thursday for two weeks. Lesson starts every 30 minutes and are 25 minutes long; we have morning (10:00 – 11:30a.m. start time) and afternoon (4:00 – 6:30 p.m. start time) lessons, please choose a half hour start time during the offered time blocks. Our instructor to student ratio is 4:1. All students will be quickly assessed the first day of the class to confirm their ability. Students may be moved to a different class based on this test (lesson time could change + or – 30 min). See level descriptions on the back of this page. Complete the attached registration form and mail or deliver to 6604 Northridge Drive San Jose, CA 95120 or email the completed form to [swimlessons@almadensrc.org](mailto:swimlessons@almadensrc.org).

### Price per Session

ASRC Members – Session 1, 3, 4 **\$100** - Session 2 **\$75** - Session 5 **\$50**

Non-Members - Session 1, 3, 4 **\$160** - Session 2 **\$125** - Session 5 **\$80**

### Circle a Session, and request a time below

Session 1: June 11<sup>th</sup> – June 21<sup>st</sup>

Session 2: June 25<sup>th</sup> – July 3<sup>rd</sup>

Session 3: July 9<sup>th</sup> – July 19<sup>th</sup>

Session 4: July 23<sup>rd</sup> – Aug 2<sup>nd</sup>

Session 5: Aug 6<sup>th</sup> – Aug 9<sup>th</sup>

\*\*Level \_\_\_\_\_ \*\*Time(s) request \_\_\_\_\_

### Payment is due at the time of registration

Check # \_\_\_\_\_

Bill my account  
(Members only)

Credit card # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp. \_\_\_\_\_ CVV# \_\_\_\_\_ Billing Zip \_\_\_\_\_

Name of Swimmer \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_

Parent or Guardian's Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_

**RELEASE OF LIABILITY:** I hereby authorize the staff of Almaden Swim & Racquet Club (ASRC) to act for me according to their best judgment in any emergency requiring medical attention and I hereby waive and release the employees and (ASRC) for any and all liability for any injuries or illnesses while at the Almaden Swim & Racquet Club. I have no knowledge of any physical impairment that would be affected by the above named participant(s) in the ASRC Swim Lesson Program. My signature on this waiver also states that the above named participant(s) is/are covered by my medical insurance policy.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**NO REFUNDS OR MAKE UP LESSONS** \*Level Descriptions on the back

**\*\*Requested times are not final until approved by ASRC Management. We will call you to confirm your time slot.**

These abilities are completed by the end of class, students are not required to know these skills before signing up, they are taught during the session.

#### Level 1-Starfish

1. 5 Yards of Water Movement
2. Extended/Supported Back Float
3. Extended/Supported Front Float
4. Knows Basic Pool Rules
5. Reaching Assists
6. Rhythmic Bobbing
7. Safe Pool Entries and Exits
8. Supported/non Supported kicking
9. Survival Floating

#### Level 2-Clown Fish

1. Change Position/Level Off
2. Deep (5ft) water Exploration
3. Flutter Kick Front and Back
4. Know Safe Swimming Rules and Buddy system
5. Reaching and Extension Assists
6. Retrieve Underwater Objects
7. Rhythmic Breathing
8. Turning over Front to Back/Front to Back with Kicking
9. Unassisted Back Float
10. Unassisted Front Float

#### Level 3-Otter

1. 15 Bobs with Rhythmic Breathing
2. Backstroke
3. Bob to safety From Head Deep Water
4. Dive from Kneeling and Compact Positions
5. Freestyle with Side Breathing
6. Jumps into Deep Water and Recover
7. Push-Off and Glide, Front and Back
8. Retrieve Underwater Objects
9. Safe Diving Rules
10. Treading Water, 1 Minute
11. Turns

#### Level 4- Penguins

1. Breaststroke Kick (10 yards)
2. Deep Water Bobs
3. Front crawl (25 yards) side breathing
4. Introduce Butterfly
5. Sculling on back (25 yards)
6. Side Breathing
7. Stride and standing dives
8. Tread Water For 2 Minuets
9. Turn at wall

#### Level 5-Dolphins

1. Backstroke
2. Breaststroke (10-20 yards)
3. Diving Board Safety
4. Diving Board Standing Dive
5. Dolphin Kick (10 Yards)
6. Feet First Surface Dive
7. Freestyle with Side Breathing
8. Long Shallow Dive
9. Open Turns Front and Back
10. Side Stroke with Scissor Kick
11. Underwater Kicking (3 body lengths)

#### Level 6-Whales

1. Backstroke (50 yards with turns)
2. Breaststroke (25 yards)
3. Breaststroke Turns and Pull Downs
4. Butterfly (10+ yards)
5. Flip Turn for Freestyle
6. Front Crawl (50 yards with turns)
7. Sidestroke (25 yards, both sides)
8. Tread Water For 3 Minutes (1 min no hands)