

SL-03: Learn to Swim – Sign-Up Sheet

Members Name: _____

Members #: _____

Telephone #: _____

Fee: \$30.00 per child

Mail form and payment to:

Colony Swim Club

PO Box 700313

Plymouth, MI 48170

Please send form and payment to register for Session 1 by May 24, 2011. Registration for other sessions can be completed at this same time or at a later date. Later registrations will be accepted for the remaining open spots in each session.

**Need
Swim
Lessons
Enroll
Today**

Beginner Advanced

Please Indicate Your Requested Swim Session Levels, Dates, and Times^{1,2}

	Child's Name	Swim Lesson Level	1 st Choice			2 nd Choice			3 rd Choice			Swim Team ³
			Session	Class #	Time	Session	Class #	Time	Session	Class #	Time	
1.												
2.												
3.												
4.												
5.												

Available Session Dates and Times

	Session 1 June 20 – July 1		Session 2 June 5 – July 15		Session 3 July 18 – July 29		Session 4 Aug 1 – Aug 12	
Level	Class #1	Class #2	Class #3	Class #4	Class #5	Class #6	Class #7	Class #8
Parent and Child A, B								11:15 – 11:45
1	10:30 – 10:55	11:15 – 11:40	10:30 – 10:55	11:15 – 11:40	10:30 – 10:55	11:15 – 11:40	10:30 – 10:55	11:15 – 11:40
2	10:30 – 10:55	11:15 – 11:40	10:30 – 10:55	11:15 – 11:40	10:30 – 10:55	11:15 – 11:40	10:30 – 10:55	11:15 – 11:40
3	10:30 – 11:00	11:15 – 11:45	10:30 – 11:00	11:15 – 11:45	10:30 – 11:00	11:15 – 11:45	10:30 – 11:00	11:15 – 11:45
4	10:30 – 11:00	11:15 – 11:45	10:30 – 11:00	11:15 – 11:45	10:30 – 11:00	11:15 – 11:45	10:30 – 11:00	11:15 – 11:45
5	10:30 – 11:10	11:15 – 11:55	10:30 – 11:10	11:15 – 11:55	10:30 – 11:10	11:15 – 11:55	10:30 – 11:10	11:15 – 11:55
6	10:30 – 11:10	11:15 – 11:55	10:30 – 11:10	11:15 – 11:55	10:30 – 11:10	11:15 – 11:55	10:30 – 11:10	11:15 – 11:55

Notes:

- 1: As recommended by the American Red Cross, we limit class sizes in order to provide a safe, manageable student-teacher ratio (typical: Level 1-3: 8 or less students/instructor). We will try to accommodate your first choice but reserve the right to assign 2nd and 3rd choice. (Earlier postmark will get higher priority.)
- 2: Private swim lessons are also available with the Lifeguard of your choice. Please contact the individual Lifeguard this summer to set these up. Your swim dues do not cover private lessons.
- 3: Swim Team registrants must also complete the swim team form and mail to the Swim Coach (the address is on the form).
- 4: For more information please visit the American Red Cross website <http://www.redcross.org/services/hss/resources/upswim.html>
- 5: Parents and children: Please stay behind the black fence during lessons. If you intend to stay and swim after lessons are finished, please remember to sign in at the front desk. Thank you for your cooperation.

Level Descriptions:

PCA: Parent and Child Aquatics A&B. Parents and children (ages 6 months up to 5 years) learn together to increase a child's comfort level in the water and build basic skills such as arm/leg movement and breath control.

Level 1: Introduction to Water Skills. Orientation to aquatic environment and skills (enter/exit pool, float, etc.) creates a sound foundation.

Level 2: Fundamental Aquatic Skills. Expand aquatic locomotion on front, back and side.

Level 3: Stroke Development. Develop confidence and competency in strokes and safety skills. Introduce butterfly.

Level 4: Stroke Improvement. Improve strokes. Introduce breaststroke and backstroke.

Level 5: Stroke Refinement. Refine all strokes. Introduce diving.

Level 6: Swimming and Skill Proficiency. Focus on skills in four topic areas (lesson focus will depend on mix of participant preference)

- Level 6a: Lifeguard Readiness
- Level 6b Personal Water Safety
- Level 6c Fitness Swimmer
- Level 6d: Fundamentals of Diving