



## 2010 Swim Lesson Enrollment Form

### Student Information (one form per student please)

Student Name: \_\_\_\_\_

DOB (must be 3+ & potty trained): \_\_\_\_\_

Age: \_\_\_\_\_

Parent(s)/Guardian Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

### Session Dates (All Tuesday – Friday)

- Session 1 (June 15 – June 25)
- Session 2\* (June 29 – July 09)
- Session 3 (July 13 – July 23)
- Session 4 (July 27 – August 6)

### Class Times (Check 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Choices)

#### Sessions 1 & 2

- 10:00 – 10:30AM     10:30 – 11:00AM     11:00 – 11:30AM
- 11:30 - Noon     4:00 – 4:30PM     4:30 – 5:00PM

#### Sessions 3 & 4

- 11:00 – 11:30AM     11:30 – Noon     Noon – 12:30PM
- 12:30 – 1:00PM     4:00 – 4:30PM     4:30 – 5:00PM

\* No class on FRI, 7/2 – Make-up class on MON, 7/5

### Lesson Fees (per student)

	<u>Member</u>	<u>Non-Member</u>
Single Class	<input type="checkbox"/> \$65.00	<input type="checkbox"/> \$80.00
Two Classes	<input type="checkbox"/> \$120.00 (\$60/class)	<input type="checkbox"/> \$150.00 (\$75/class)
Three+ Classes	<input type="checkbox"/> \$165.00 (\$55/class)	<input type="checkbox"/> \$210.00 (\$70/class)

- Private lessons (adult and youth) available upon request

### Class Level\* (refer to pages 3-4)

- Level 1 (Crier)
- Level 2 (Beginner)
- Level 3 (Advanced Beginner)
- Level 4 (Intermediate)
- Level 5 (Advanced Intermediate)
- Lesson 6 (Pre-Competitive)

Please send this completed form (front and back) along with a check made payable to "Cloverdale Cabana Club" to:

Cloverdale Cabana Club  
C/O Jay Fill (Swim Lesson Manager)  
254 Radford Drive  
Campbell, CA 95008  
831-461-7593

Confirmations will be made via email.

(OVER)

Cancellation Fees:

- No Fee Cancel 7+ days before first day of class
- \$10.00 Cancel within 7 days before session start
- \$25.00 Cancel after first class
- Full Lesson Fee Cancel after 2<sup>nd</sup> class

*Note: There will be no make-up lessons for missed classes unless cancelled by CCC.*

MEDICAL RELEASE/LIABILITY WAIVER:

BY SIGNING BELOW, YOU AGREE AS FOLLOWS:

I DO HEREBY, GIVE MY CONSENT FOR MY CHILD(REN) TO ACTIVELY PARTICIPATE IN ALL ACTIVITIES OF THE CLOVERDALE CABANA CLUB (CCC) SWIM LESSONS. I ASSUME ALL RISKS AND HAZARDS INCIDENTAL TO PARTICIPATING IN THE CCC SWIM LESSON APPROVED ACTIVITIES.

IT IS UNDERSTOOD THAT IN THE CASE OF EMERGENCY, EVERY EFFORT WILL BE MADE TO CONTACT ME (US) AT THE PHONE NUMBERS LISTED ON THIS REGISTRATION FORM. THE UNDERSIGNED PARENT OR LEGAL GUARDIAN(S) OF THE SWIMMER(S) LISTED BELOW, DO HEREBY AUTHORIZE AN X-RAY EXAMINATION, ANESTHETIC, MEDICAL OR SURGICAL DIAGNOSIS RENDERED UNDER GENERAL OR SPECIFIC SUPERVISION OF ANY MEMBER OF THE MEDICAL STAFF AND EMERGENCY ROOM STAFF LICENSED UNDER THE PROVISIONS OF THE MEDICAL PRACTICE ACT, OR A DENTIST LICENSED UNDER THE PROVISIONS OF THE DENTAL PRACTICE ACT AND ON THE STAFF AT ANY ACUTE GENERAL HOSPITAL CURRENTLY LICENSED BY THE STATE DEPARTMENT OF PUBLIC HEALTH. THIS AUTHORIZATION IS GIVEN PURSUANT TO THE PROVISIONS OF THE CALIFORNIA CIVIL CODE. CONSENT REMAINS IN EFFECT UNTIL 8/7/2010.

Swimmer Name(s): \_\_\_\_\_

Parent/Guardian Name (please print): \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_



## Swim Lesson Levels and Skills

The skills instructed at each swim lesson level are listed below. Students are assessed on the first day of class to ensure that they are being instructed at the proper level

### LEVEL 1- CRIER

Swimmer may be afraid of the water and getting wet. Instructor(s) will focus on making the swimmer feel comfortable in the water. The following drills are appropriate for this level:

1. Blowing bubbles in the water.
2. Monkey Hangs
3. Showing kids how to get out of the water properly using the "Knees and Elbows Technique".
4. Bobs
5. Wall Kicks

#### QUALIFYING FOR THE NEXT LEVEL:

To graduate from LEVEL 1 CRIER, the swimmer must exhibit confidence in the water. They must not cry for 2 consecutive sessions and must comply confidently to instructor requests.

### LEVEL 2- BEGINNER

Swimmer shows confidence in the water and complies with all of instructor requests. Instructor(s) focus on teaching doggy paddle and basic float techniques. The following drills are appropriate for this level:

1. Introduce Paddle Blades.
2. Introduce Digging and kicking as basics in doggy paddle stroke.
3. Introduce back floats.
4. Digging and Kicking drill with the noodle.
5. Kicking on a kickboard
6. Surf Board drill to be done on a Life guard Floater.

#### QUALIFYING FOR THE NEXT LEVEL:

In order to graduate from LEVEL 2 BEGINNER, swimmer must be able to independently swim the long side of the shallow end and do back floats and bobs without assistance.

### LEVEL 3- ADVANCED BEGINNER

Swimmer shows that he/she is capable of swimming short distances by themselves and has proven to the instructor that they are safe and mature enough to take into deeper water. The following drills are appropriate for this level:

1. Introduce Freestyle stroke.
2. Show and explain Shark Elbow, Spear and Finish/High Five
3. Dry Land Freestyle stroke
4. Six beat boomer with or without noodle.
5. Proper head position and single eye breath.
6. Streamline position or Aquaman.
7. Basics of treading water.
8. Eggbeater kick and skulling.

#### QUALIFYING FOR THE NEXT LEVEL:

To graduate from LEVEL 3 ADVANCED BEGINNER, the swimmer must show that he/she is capable of swimming the freestyle stroke. In addition the swimmer must also be able to tread water in the deep end of the pool for 1 minute.

### LEVEL 4- INTERMEDIATE

Swimmer has a basic understanding of how to swim freestyle and tread water. The instructor(s) will focus on sharpening the swimmers freestyle skills, treading skills and overall swimming endurance. The following drills are appropriate for this level:

1. Introduction to circle swimming
2. Treading water drills
3. Lap swimming
4. Streamline diving

#### QUALIFYING FOR THE NEXT LEVEL:

To graduate from LEVEL 4 INTERMEDIATE, the swimmer must be able to swim 100 yards of freestyle without stopping and display proper freestyle technique. Swimmer must also be able to tread water for 2 minutes without rest.

### LEVEL 5- ADVANCED INTERMEDIATE

Swimmer can swim and tread water with ease. Instructor(s) should focus on teaching the other three swimming strokes: butterfly, breaststroke and backstroke. The following drills are appropriate for this level:

1. Introduction to Backstroke, Breaststroke and Butterfly
2. Backstroke drills "Single Arm" "Streamline Back Kick" and "3 Count 2 Count 1 Count Backstroke".
3. Backstroke Arms "Pinky, Palm, Catch, Scoop and Throw"
4. Butterfly Arms " Making the Key Hole"
5. Pressing and Driving Technique
6. Underwater Dolphin Shooters
7. Single Arm Butterfly
8. Press and drive with board
9. Breaststroke Arms, Lane Line Breaststroke Drill and Breaststroke Legs
10. Wall kicks

#### QUALIFYING FOR THE NEXT LEVEL:

To graduate from LEVEL 5 ADVANCED INTERMEDIATE, swimmer must be able to swim a 100 M correctly and without stopping or disqualifying themselves. Swimmer must also be able to tread water for 3 minutes and swim 200 yards without stopping.

### LEVEL 6- Pre-Competitive

Swimmer knows all of the four strokes and know how to swim them well. Swimmer should also have the ability and stamina needed to complete mid distance (100-200 yard) swims with ease. Instructor(s) should focus on teaching the swimmer racing techniques such as diving and flip turns.

DRILLS: Here are the following drills that are appropriate for this level of swimmer.

1. Introduction to racing
2. Dive Drills
3. Half-pool sprints
4. Introduction to flip turns
5. Mid-Pool Flip
6. The Roll
7. Stroke Count/Blind Swim

#### QUALIFYING FOR THE NEXT LEVEL:

To graduate from LEVEL 6 ADVANCED INTERMEDIATE, swimmer must be able to swim a 100 of freestyle with flip turns under 2 minutes and 30 seconds. In addition they must be able to tread water for 4 minutes and be able to swim a 250 without stopping.