



# FRIENDS OF THE LOST PINES STATE PARKS SWIM INSTRUCTION 2009 REGISTRATION FORM



STUDENT NAME: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_  Work: \_\_\_\_\_  Cell: \_\_\_\_\_  
(check preferred contact)

Emergency Contact and Phone Number: \_\_\_\_\_

Special Needs: \_\_\_\_\_

Parent Names: \_\_\_\_\_

*Please check the session and first and second choices for time slots:  
Sessions are Mon – Fri for 2 weeks. Classes are 45min.  
Class sizes will be 3 to 6 students. Students may be asked to rescheduled in order to maintain class sizes.*

**SESSIONS:**

- Session I June 8 - 19
- Session II June 22 – July 3
- Session III July 6 - 17
- Session IV July 20 – Aug 1

**First Choice Time Slot:**

- 9:00 AM
- 10:00 AM
- 11:00 AM
- 7:00 PM
- 8:00 PM

**Second Choice Time Slot:**

- 9:00 AM
- 10:00 AM
- 11:00 AM
- 7:00 PM
- 8:00 PM

**FEES: Ages 4 and up: \$55.00      Ages 2-3 (parent in water) \$45.00      Late Fee (after May 13) \$10.00**

*make checks payable to: FLPSP (Friends of the Lost Pines State Parks)  
(refunds will be reduced by \$5.00 to cover prepaid insurance)*

**SKILL LEVEL OF STUDENT      ~ Learning Water Safety Objectives is an essential at ALL levels~**

Check the Level that you feel is best suited for your child. If it is determined that your child may be better suited for a different level, the instructor may move child as space permits.

**LEVEL 1:** Mom & Me – Ages 2-3; requires parent or other adult with child in the water. Jump in water, blow bubbles, rhythmic breathing, submerge head for 3 seconds, supported float on front, front over arm stroke.

**LEVEL 2:** Tadpoles – Submerge head for 3 seconds, exhale in water, retrieve object from bottom (3'), prone & back float/glide, bob in water, jump off side & get out, flutter kick on back w/ support, back crawl arms & kick w/ support.

**LEVEL 3:** Pollywogs – Skills included in Tadpoles plus: go from vertical to front & back float, flutter kick on front w/ support, finning on back, front crawl, turn over front to back & back to front.

**LEVEL 4:** Ducks – Start building on skills from level 3. Coordinate the front and back crawls, introduce elements of the sidestroke and the fundamentals of treading water. Learn how to dive into the pool.

**LEVEL 5:** Otters – Develop confidence and improve known skills, increase endurance of familiar strokes, build on sidestroke, and introduce elementary backstroke and breaststroke.

**LEVEL 6:** Seals – Improve performance of all strokes (front crawl, back crawl, breaststroke, elementary backstroke, and sidestroke) and increase their distance.

**LEVEL 7:** Sharks - Continue improvement of performance and skills. Begin competitive swimming skills and Lifeguard readiness.

Staff Use:

Session: \_\_\_\_\_ Time: \_\_\_\_\_ Level: \_\_\_\_\_ Fee: (include late fee if applicable) \_\_\_\_\_  
Receipt Number: \_\_\_\_\_ Date: \_\_\_\_\_