



**FRIENDS OF THE LOST PINES STATE PARKS
SWIM INSTRUCTION - 2010
REGISTRATION FORM**



STUDENT NAME: _____ Age: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Cell: _____ Work: _____
(check preferred contact)

Emergency Contact and Phone Number: _____

Special Needs: _____

Parent Names: _____

Please check the session, and 1st & 2nd choice for time slots:

Sessions are Mon-Fri for 2 weeks. Classes are 45 min.

Class sizes will be 3 to 6 students. Students may be asked to reschedule in order to maintain class sizes.

SESSIONS:

- Session I June 7 - 18
- Session II June 21 - July 2
- Session III July 5 - 16
- Session IV July 19 - 30

First Choice Time Slot:

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

Second Choice Time Slot:

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

FEES: \$55.00 - All Ages Late Fee (after May 21) \$10.00

checks payable to: FLPSP (Friends of the Lost Pines State Parks)

(refunds will be reduced by \$5. to cover prepaid insurance)

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

Check the Level below 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 adult) with child in 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 sec, 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 and back float, flutter kick w/support on front, 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 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** (Session 1 & 2, 7pm only) Continue improvement of performance and skills, begin competitive swimming skills and lifeguard readiness

Staff Use:

Session: _____	Time: _____	Level: _____	Fee: (include late fee if applicable) _\$55+_ _____
Receipt Number: _____	Date: _____/_____/2010_		