

SUMMER SWIM 2016

GROUP SWIM LESSONS (MONDAY–THURSDAY)

Level	Time	Member	Non-Member	Session 1 June 20-30	Session 2 July 11-21	Session 3 July 25-Aug.4	Session 4 Aug. 8-18
1	11:30-12pm	\$82	\$107				
2	11:30-12pm	\$82	\$107				
3	11:00-11:30	\$82	\$107				
4	11:00-11:30am	\$82	\$107				
5	11:30-12:00pm	\$82	\$107				

✓ the box to select your session.

LEVEL 1 WATER DISCOVERY

Level 1 creates an environment where students can become comfortable in the water while having fun learning new skills and becoming familiar with basic water safety. Students will build confidence while learning that swimming is both fun and rewarding. Floating, blowing bubbles, submerging, kicking, and arm movements are among the level 1 skills.

Prerequisite: Must be at least 3 years of age and able to sit on the pool edge without parent.

LEVEL 2 FUNDAMENTAL SKILLS

In level 2 students will learn some of the most basic and fundamental swimming skills. These include an introduction to arm-strokes, backstroke, steamboats, exploring underwater swimming, and developing arm and leg propulsion. Also, students will learn to do all of the level 1 skills without support. **Prerequisite:** Must be able to comfortably submerge while blowing bubbles and push off of the wall from in the water.

LEVEL 3 STROKE DEVELOPMENT

Level 3 builds upon the fundamental skills by teaching freestyle (front crawl), backstroke (back crawl), and elementary backstroke. In addition to coordinating breathing with arm and leg movements, Level 3 introduces a more advanced set of skills: butterfly, breaststroke, proper streamlines, and diving. **Prerequisite:** Must be able to demonstrate unassisted forward progress on front and back for at least 5 yards.



LEVEL 4 STROKE REFINEMENT

In level 4 students will combine the level 3 skills with proper breathing techniques, arm, leg, and body positions. Level 4 teaches correct pulling, kicking, and arm recoveries. Students will also begin to swim full lengths of the pool consistently.

Prerequisite: Must be able to swim at least 25 yards of freestyle followed by 25 yards of backstroke.

LEVEL 5 STROKE REFINEMENT

Level 5 continues the stroke progression by tuning each student's performance to an advanced level. Suitable for both recreational and competitive swimmers, level 5 will teach strokes, starts, and turns, that are efficient, effective, and legal, to a competitive swimming standard. **Prerequisite:** Must be able to demonstrate proficiency in freestyle, backstroke, breaststroke, and butterfly; a minimum of 25 yards each.

***Each session requires a minimum of 3 participants to run**

***Classes sizes will not exceed 5 participants per instructor.**

***WHRFC Swim Instructors have the discretion to determine level placement of participants**

Swim Lessons Registration Page 2

Swimmer's Name: _____ Member # _____ Non-Member ☐

Parent's Name: _____ Phone # _____

Address: _____

City _____ State _____ Zip _____

E-mail: (required) _____

Limitation of Liability

Each member understands the use of the facilities and equipment entails certain dangers. Each member assumes the risk of personal and property injury to the member, his family and his guests sustained in, on or about the premises of West Hills Racquet & Fitness, and assumes the risk voluntarily. By my signature below I, for myself, my heirs and assigns, waive any and all claims for damages on account of personal injury or property against West Hills Racquet & Fitness Club and its representative sponsors arising out of, or related to my participation in any and all activities in, on or about the premises at West Hills Racquet & Fitness Club.

Parent or Guardian Signature: _____

Date: _____

REGISTRATION DETAILS

- Member registration begins April 12th after 11:00am online or in person.
- Non-member registration begins April 19th after 11:00am online or in person.
- All classes, camps, teams, and activities must be paid in full at the time of registration.

CANCELATIONS

- Cancellations must be made 7 days in advance for an 80% refund. There will be no refund made for cancellations made with less than 7 days notice prior to the activity start date..
- All cancellations must be submitted in writing on a cancellation form available online or at the service desk.
- No credits or make-up classes will be offered for absences.
- Registration is non-transferable