



Swim Lesson Registration Form

Parent or Guardian: _____

Address: _____

Phone: _____ eMail: _____

Session: _____ Preferred Time: _____

Child: _____

Last First Sex Birthdate Level

Child: _____

Last First Sex Birthdate Level

Child: _____

Last First Sex Birthdate Level

Level of lessons offered to children ages 3 and up:

Level 1, Beginner: Minnows

Level 2, Advanced Beginner: Otters

Level 3, Intermediate: Dolphins

Level 4, Advanced: Sharks

Cost: \$75.00 per members and \$95.00 for non-members.

A refund will be given for cancellations made within 2 weeks of a scheduled lesson.

Makeup lessons will be scheduled as available with no more than 2 makeups allowed per session.

Session 1:	June 15 - 18 & June 22 - 25	Times:
Session 2:	June 29 – July 2 & July 6 - 9	10:10 – 10:40
Session 3:	July 13 - 16 & July 20 - 23	10:45 – 11:15
Session 4:	July 27 – July 30 & August 3 - 6	11:20 – 11:50

Parent or Guardian release of Liability

I hereby give my permission for my child (children) to participate in Los Paseos Association Swim Lessons. I hereby agree to indemnify and hold harmless the Los Paseos Association, their officers and employees from and against any and all liability, or damage arising from or because of or in connection with participation of child (children) in said activities.

Parent or Guardian _____ Date _____

In case of emergency contact _____ Phone _____

Office use only:

Class _____

Amt. Paid _____

Instructor _____

Check or Cash _____

Los Paseos Association
7047 Via Ramada
San Jose CA, 95139

Tel: 224-9880 Fax: 224-9880
eMail: lphoa@sbcglobal.net

Swim Lessons

Level 1: Beginner

Students will be introduced to water exploration in a group participation environment.

- Hold their breath
- Place their face in the water
- Blow bubbles underwater
- Bob in the water
- Retrieve objects from underwater
- Stomach and back floats
- Stomach float with kick
- Basic survival skills

Level 2: Advanced Beginner

Students will review and master what they have learned in Level 1 in addition to an introduction to more advanced techniques.

- Retrieve objects from waist deep water
- Add a kick to their already mastered back float
- Roll from stomach to back and back to stomach
- Push and glide
- Sitting dive
- Underwater swimming skills
- Basic forward crawl stroke
- 1-2 bubbles breath technique
- Basic safety skills

Level 3: Intermediate

Children will review and master what they have learned in Level 2 in addition to an introduction to more advanced techniques.

- Retrieve objects from a 4 ft. depth
- Standing dive
- Surface dive
- Extended underwater distance
- Introduction to racing strokes; freestyle and back stroke
- Touch turn technique
- Safety skills

Level 4: Advanced

Children will review and master what they have learned in Level 3 in addition to an introduction to more advanced techniques.

- Retrieve objects from a 9 ft. depth
- Racing dive
- Stroke technique: freestyle, back stroke, butterfly, breast stroke
- Flip turn technique
- Safety/Survival skills