

# GROUP LESSON REGISTRATION FORM



## **SESSION 3: JUNE 29-JULY 9, 2009**

*\*Registration closes Saturday June 27, 2009 or as classes reach maximum capacity.*

**ONE FORM per PARTICIPANT per LESSON  
REGISTRATION FEES ARE NON-REFUNDABLE**

*PLEASE PRINT*

Participant's Name: \_\_\_\_\_ Age: \_\_\_\_\_

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Telephone: \_\_\_\_\_

**ARC LEARN TO SWIM CLASSES:** *Please circle one level choice (see reverse side to select the appropriate skill level); these classes are offered in all time slots:*

1 Introduction to Water Skills	2 Fundamental Aquatic Skills	3 Stroke Development		
4 Stroke Improvement	5 Stroke Refinement	6 Swimming and Skill Proficiency		
TIME: 9:00 am	10:00 am	11:00 am	6:20 pm	7:10 pm

**SPECIALTY CLASSES:** *Please circle one choice; the sessions below are only offered during times as indicated:*

IPAP/ Parent-Toddler (under 4 years of age)	11:00 am	6:20 pm	
Adult Swim Lessons		8:00 pm	
Diving	9:00 am	10:00 am	7:10 pm

**I do hereby release the IU Outdoor Pool and Indiana University from any claim and demands of every kind which I may have or hereafter acquire for any or all damages, losses, or injuries which the participant may suffer or sustain directly or indirectly in connection with said events and all such claims are hereby waived and released, and I covenant not to sue thereafter.**

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

**FOR OFFICE USE ONLY!**

**Amount Paid: \_\_\_\_\_ Date: \_\_\_\_\_ Initials: \_\_\_\_\_ Payment: Cash Check Charge**

***Please indicate the level you feel best describes your child's starting swimming ability; the below skill list should be viewed as a prerequisite, or starting point, for each level... not a list of skills desired to learn. This skill list is a guideline for class assignments, but please keep in mind that your child may be reassigned in a class of a different level by the Instructional Coordinator.***

**LEVEL 1 – INTRODUCTION TO WATER SKILLS**

- No previous lessons
- Unable to put head under water or is uncomfortable doing so
- Cannot perform alternating crawl stroke arm action
- **CHILD MUST BE A MINIMUM OF THREE YEARS OLD AND COMFORTABLE IN THE WATER WITHOUT HIS/HER PARENT**

**LEVEL 2 – FUNDAMENTAL AQUATIC SKILLS**

- Can place head under water
- Supported kicking and floating on front and back
- Alternating crawl stroke arm action

**LEVEL 3 - STROKE DEVELOPMENT**

- Performs combined stroke on front and back with alternating arms for at least 5 yards
- Can turn over from front to back
- Explores chest deep water with assistance

**LEVEL 4 - STROKE IMPROVEMENT**

- Swims back and front crawl 10 yards
- Elementary backstroke kick 10 yards
- Glides with push offs on front and back
- Jumps into deep water from side of pool

**LEVEL 5 - STROKE REFINEMENT**

- Elementary backstroke 10 yards
- Front crawl 25 yards with rotary breathing
- Back crawl 25 yards
- Breaststroke and sidestroke kicks 10 yards
- Standing front dive

**LEVEL 6 – SWIMMING AND SKILL PROFICIENCY**

- Breaststroke and sidestroke 10 yards
- Underwater swimming 3 body lengths
- Front and back crawl 50 yards
- Elementary backstroke 25 yards
- Standing dive from one meter springboard

**DIVING – BEGINNING TO PRE-COMPETITIVE DIVING**

- For safety reasons, divers should be of a swimming ability equivalent to having completed **Level 4- Stroke Improvement** swim lessons