

SESSION FOUR JULY 14-24, 2008:

GROUP LESSONS REGISTRATION FORM

**Registration closes Saturday July 12, 2008 or as classes and times fill.*

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

PLEASE PRINT

Participant's Name: _____

Age: _____

Parent/Guardian Name(s): _____

Address: _____

Telephone: _____

City: _____ State: _____ Zip: _____

E-mail address: _____

Emergency Contact: _____ Telephone: _____

ARC LEARN TO SWIM CLASSES: *Please circle one level choice (see reverse side to select the appropriate entry level skills); these classes are offered at all time slots as registration allows...*

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

Office: Copy on green

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

- Swim back and front crawl 10 yards
- Elementary backstroke kick 10 yards
- Glides with push offs on front and back
- Jump 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