

SWIMMING CLASSES

Red Cross Swim Lessons --- Spots do fill up quickly so register early!!

Water Babies—6 month to 2 years

One half hour class for children 6 months to 2 years old with parent. Classes focus on water adjustment, water entry, front kick, bubble blowing, prone glide, back float, arm movement, underwater exploration, plus water safety for parents. Non-toilet trained children must wear a swim diaper. Parents must be in the water at all times.

Pre-school—3 to 5 years

This class is geared for the pre-school age child who is ready to learn to swim. Participants must be able to work in a group setting, communicate and work with a teacher without their parents in the water. The skill focus will be basic swimming motor skills, both the stomach and back, breath control, muscle development, water safety, and fun. They will be evaluated through the regular Red Cross progressive swim levels.

Levels 1-6 6 years & older

Level 1: Water adjustment, buoyancy, assisted back and front floats, underwater exploration, and personal safety.

Level 2: Floating, buoyancy, breathing skills, arm strokes, and personal safety.

Level 3: Improve coordination and endurance with crawl strokes. Elementary back stroke will be introduced.

Level 4: Develop confidence in skills and improve endurance. Breaststroke, sidestroke, and basic turns introduced.

Level 5: Coordination and refinement of the key strokes. Butterfly, open turns, and underwater skills introduced.

Level 6: Skill proficiency, refining strokes to swim with more ease, efficiency, and power over a great distance.

Class Days & Times:

Monday

| | |
|--------------|-------------|
| Water Babies | 6:00-6:30pm |
| Pre-School | 6:00-6:30pm |
| Pre-School | 6:30-7:00pm |
| Levels 1-6 | 6:00-6:45pm |

Wednesday

| | |
|------------|-------------|
| Pre-School | 6:00-6:30pm |
| Pre-School | 6:30-7:00pm |
| Levels 1-6 | 6:00-6:45pm |

Saturday

| | |
|--------------|---------------|
| Water Babies | 9:30-10:00am |
| Pre-School | 9:30-10:00am |
| Pre-School | 10:15-10:45am |
| Levels 1-6 | 10:00-10:45am |

Sessions Dates: Session consist of 7 classes

| | | |
|-----------------|---|------------------------|
| Fall 1 | Sept. 13-Oct.30, 2010 | Reg. Deadline 9/7/10 |
| Fall 2 | Nov. 1-Dec.18, 2010 | Reg. Deadline 10/25/10 |
| Winter 1 | Jan. 10-Feb. 26, 2011 | Reg. Deadline 1/5/11 |
| Winter 2 | Feb. 28-Apr. 16, 2011 | Reg. Deadline 2/21/11 |
| Spring | Apr. 18-June 4, 2011 (No class on May 30 th make up on June 6 th) | Reg. Deadline 4/11/11 |

Fees: Member \$27/session
Non-Member \$54/session

A \$5 late fee will be charged per child for enrollments after the registration deadline.

Payment required at the time of registration.

*Private Lessons are \$15/class/child or 7 classes for \$91/child.
To schedule a class contact the Aquatic Coordinator
at 686-9518.*



Swim Class Registration Form

Child's Name: _____

Child's Birthdate: _____

Swim Session Dates: _____

Phone #: (H) _____ (W) _____

Parent's Name: _____

Address: _____

I desire to voluntarily engage in an exercise/recreation program at the Delta College F&RC. I agree to follow all the F&RC's rules and policies. I assume full responsibility for any injuries or damages which may occur to me or my sponsored guests or dependents, in, on, or about the premises of the facility and do hereby fully and forever release and discharge Delta College, the Board of Trustees, and the Fitness & Recreation Center staff, from any and all suits claims, damages, costs and expenses of every kind, in conjunction with the use of the facility and equipment thereof, except that arising out of the sole negligence of Delta College.

Parent's Signature: _____

Date: _____

Please circle the class of your choice, time, & session date

| | | |
|--------------|-----------------------------|--------------------|
| Water Babies | 6:00-6:30pm 9:30-10:00am | Monday Saturday |
| Pre-School | 6:00-6:30pm | Monday |
| | 6:30-7:00pm | Monday |
| | 6:00-6:30pm | Wednesday |
| | 6:30-7:00pm | Wednesday |
| | 9:30-10:00am | Saturday |
| Level 1 | 10:15-10:45am | Saturday |
| | 6:00-6:45pm | Monday |
| | 6:00-6:45pm | Wednesday |
| Level 2 | 10:00-10:45am | Saturday |
| | 6:00-6:45pm | Monday |
| | 6:00-6:45pm | Wednesday |
| Level 3 | 10:00-10:45am | Saturday |
| | 6:00-6:45pm | Monday |
| | 6:00-6:45pm | Wednesday |
| Level 4 | 10:00-10:45am | Saturday |
| | 6:00-6:45pm | Monday |
| | 6:00-6:45pm | Wednesday |
| Level 5 | 10:00-10:45am | Saturday |
| | 6:00-6:45pm | Monday |
| | 6:00-6:45pm | Wednesday |
| Level 6 | 10:00-10:45am | Saturday |
| | 6:00-6:45pm | Monday |
| | 6:00-6:45pm | Wednesday |

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