2019 Group Swim Lesson Registration Form

Early bird rate: $55  Rate after April 30th: $65

Participate last name: ___________________________  Participate first name: ___________________________

Age of participate during time of swim lesson(s): ___________________________

Guardian last name: ___________________________  Guardian first name: ___________________________

Address: ______________________________________

City/State/Zip: ___________________________  Phone: ___________________________

Email: ___________________________

Circle which session you will be registering for below:

SESSION 1: June 17-June 28  SESSION 2: July 15-July 26

Check class and circle preferred time (see class descriptions on reverse side of page):

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td><strong>Swim Starters</strong></td>
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<tr>
<td>Water Discovery</td>
<td>10:00 - 10:45am</td>
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<tr>
<td>Water Exploration</td>
<td>10:00 - 10:45am</td>
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<tr>
<td><strong>Swim Basics</strong></td>
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<tr>
<td>Water Acclimation</td>
<td>9:00 - 9:45am 10:00 - 10:45am 11:00 - 11:45am</td>
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<tr>
<td>Water Movement</td>
<td>9:00 - 9:45am 10:00 - 10:45am 11:00 - 11:45am</td>
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<tr>
<td>Water Stamina</td>
<td>10:00 - 10:45am 11:00 - 11:45am</td>
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<td><strong>Swim Strokes</strong></td>
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<tr>
<td>Stroke Introduction</td>
<td>10:00 - 10:45am</td>
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<tr>
<td>Stroke Development</td>
<td>9:00 - 9:45am</td>
</tr>
<tr>
<td>Stroke Mechanics</td>
<td>11:00 - 11:45am</td>
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</tbody>
</table>

 Eğitim ve spor uygulamaları için birlikte çalışacak bir grup eğitmen olarak görev alıyoruz.

Top: ___________________________

Staff: ______  Date: ________________  Receipt #: __________________________

FOR OFFICE USE ONLY

credit Card:
Cash: _______  Check#: _______

Authorization code for credit card: _____________

Date/Time Received: ___________________________
Group Swim Lesson Class Descriptions

The City of Spring Hill has contracted with the YMCA of Greater Kansas City to provide high-quality swim lessons that accommodate a range of skills levels and ages. Each session includes four lessons each week for two weeks (a total of eight lessons). Swim lessons are Monday through Thursday. Friday’s are reserved for possible make-up days.

Swim Starters

Infants and toddlers (six months to three years) are accompanied by a parent or guardian to learn to be comfortable in the water.

Water Discovery: Infants and toddlers are introduced to the aquatic environment.

Water Exploration: Learn body positions, blow bubbles, and practice fundamental safety and water skills. Must be able to respond to verbal cues and jump on land.

Swim Basics

Recommended skills for all to have around water. Sessions available for preschool (ages 3 to 5) and school age (ages 6 to 12) children.

Water Acclimation: An introduction to the pool. Develop safe water habits, become comfortable with underwater exploration, and learn to safely exit a body of water. Must be comfortable working with instructor in the water.

Water Movement: Focus on body position and control, forward movement, directional change, and basic self-rescue skills. Must be able to go underwater voluntarily.

Water Stamina: Learn basic stroke techniques, rotary breathing, and integrated arm and leg action. Children learn to swim, move to safety, and exit should they fall into a body of water. Must be able to do front and back float independently.

Swim Strokes

Refining swim skills. All levels are available for school age children (ages 6 to 12). Stroke Introduction is available for preschool children (ages 3 to 5).

Stroke Introduction: Develop basic front crawl and back crawl strokes and introduce components of breaststroke and butterfly stroke. Build endurance and practice safety techniques for deep water. Must be able to swim 10-15 yards on front and back.

Stroke Development: Work on stroke techniques, introduce competitive strokes, and develop stamina in basic front crawl and back crawl strokes. Learn breast and butterfly strokes. Must be able to swim 15 yards of front crawl and back crawl.

Stroke Mechanics: Refine stroke technique on all major competitive strokes, learn about competitive swimming, develop endurance, and learn skills related to competitive swimming. Must be able to swim front crawl, back crawl, and breaststrokes across the pool.