



FRIENDS OF THE LOST PINES STATE PARKS SWIM INSTRUCTION 2008 REGISTRATION FORM



STUDENT NAME: _____ Age: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Work: _____ Cell: _____
(check preferred contact)

Emergency Contact and Phone Number: _____

Special Needs: _____

Parent Names: _____

*Please check the session and first and second choices for time slots:
Sessions are Mon – Fri for 2 weeks. Classes are 45min.
Class sizes will be 3 to 6 students. Students may be asked to rescheduled in order to maintain class sizes.*

SESSIONS:

- Session I June 9 - 20
- Session II June 23 – July 4
- Session III July 7 - 18

First Choice Time Slot:

- 10:00 AM
- 11:00 AM
- 7:00 PM
- 8:00 PM

Second Choice Time Slot:

- 10:00 AM
- 11:00 AM
- 7:00 PM
- 8:00 PM

FEES: Ages 4 and up: \$55.00 Ages 2-3 (parent in water) \$45.00 Late Fee (after May 28) \$10.00
make checks payable to: FLPSP (Friends of the Lost Pines State Parks)
 (refunds will be reduced by \$5.00 to cover prepaid insurance)

SKILL LEVEL OF STUDENT

Check the Level that you feel is best suited for your child. If it is determined that your child may be better suited for a different level, the instructor may move child as space permits.

- LEVEL 1:** Tadpoles – Ages 2-3; requires parent or other adult to accompany child in the water. Elementary aquatic skills, develop good attitudes and safe practices around the water.
- LEVEL 2:** Pollywogs – Learn fundamental skills. Learn to float without support and recover to a vertical position, explore simultaneous and alternating arm and leg action on the front and back to lay the foundation for future strokes.
- LEVEL 3:** Ducks – Start building on skills from level two. Coordinate the front and back crawls, introduce elements of the sidestroke and the fundamentals of treading water. Learn how to dive into the pool.
- LEVEL 4:** Otters – Develop confidence and improve known skills, increase endurance of familiar strokes, build on sidestroke and introduce elementary backstroke, and breaststroke.
- LEVEL 5:** Seals – Improve performance of all strokes (front crawl, back crawl, breaststroke, elementary backstroke, and sidestroke) and increase their distance.
- LEVEL 6:** Sharks (Session 1, 7pm only) Continue improvement of performance and skills. Begin competitive swimming skills and Lifeguard readiness.

Staff Use:

Session: _____	Time: _____	Level: _____	Fee: (include late fee if applicable) _____
Receipt Number: _____		Date: _____	