

Cherry Creek Athletic Club
CHILDREN'S GROUP SWIM LESSON REGISTRATION
Summer 2019

Today's Date _____ Time _____

Child's Information:

Please complete a separate registration for each child and each session.

Name _____ Age: _____ DOB: _____

**Your child must be enrolled on your membership prior to registration.*

Parent Information

Name: _____ E-Mail: _____

Phone (Primary): _____ Membership #: _____

Children's Group Swim Class Sizes:

The maximum number of children in a class is 4 and the minimum is 2. The Parent / Child Class maximum is 8 and minimum is 2.

Session 1

Choose the Session, Lesson Time and Level that you would like to enroll:

Session 1 June 3 to June 26, Mondays and Wednesdays, (8 half hour lessons) \$150.00

- | | | | | | |
|---|---|-------------------------------------|---|------------------------------------|------------------------------------|
| <input type="checkbox"/> 10:15 a.m. | <input type="checkbox"/> 10:45 a.m. | <input type="checkbox"/> 11:15 a.m. | <input type="checkbox"/> 4:15 p.m. | <input type="checkbox"/> 4:45 p.m. | <input type="checkbox"/> 5:15 p.m. |
| <input type="checkbox"/> Parent / Child | <input type="checkbox"/> Level 0 | <input type="checkbox"/> Level 0 | <input type="checkbox"/> Parent / Child | <input type="checkbox"/> Level 2 | <input type="checkbox"/> Level 1 |
| <input type="checkbox"/> Level 0 | <input type="checkbox"/> Level 1 | <input type="checkbox"/> Level 1 | <input type="checkbox"/> Level 0 | <input type="checkbox"/> Level 3 | <input type="checkbox"/> Level 2 |
| <input type="checkbox"/> Level 1 | <input type="checkbox"/> Level 2 | <input type="checkbox"/> Level 2 | <input type="checkbox"/> Level 1 | <input type="checkbox"/> Level 4 | <input type="checkbox"/> Level 4 |
| <input type="checkbox"/> Level 2 | <input type="checkbox"/> Parent / Child | <input type="checkbox"/> Level 3 | <input type="checkbox"/> Level 2 | <input type="checkbox"/> Level 0 | <input type="checkbox"/> Level 0 |

Session 1 June 4 to June 27, Tuesdays and Thursdays, (8 half hour lessons) \$150.00

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|---|---|-------------------------------------|---|------------------------------------|------------------------------------|
| <input type="checkbox"/> 10:15 a.m. | <input type="checkbox"/> 10:45 a.m. | <input type="checkbox"/> 11:15 a.m. | <input type="checkbox"/> 4:15 p.m. | <input type="checkbox"/> 4:45 p.m. | <input type="checkbox"/> 5:15 p.m. |
| <input type="checkbox"/> Parent / Child | <input type="checkbox"/> Level 0 | <input type="checkbox"/> Level 0 | <input type="checkbox"/> Parent / Child | <input type="checkbox"/> Level 2 | <input type="checkbox"/> Level 1 |
| <input type="checkbox"/> Level 0 | <input type="checkbox"/> Level 1 | <input type="checkbox"/> Level 1 | <input type="checkbox"/> Level 0 | <input type="checkbox"/> Level 3 | <input type="checkbox"/> Level 2 |
| <input type="checkbox"/> Level 1 | <input type="checkbox"/> Level 2 | <input type="checkbox"/> Level 2 | <input type="checkbox"/> Level 1 | <input type="checkbox"/> Level 4 | <input type="checkbox"/> Level 4 |
| <input type="checkbox"/> Level 2 | <input type="checkbox"/> Parent / Child | <input type="checkbox"/> Level 3 | <input type="checkbox"/> Level 2 | <input type="checkbox"/> Level 0 | <input type="checkbox"/> Level 0 |

Session 1 June 1 to June 29, Saturdays, (5 half hour lessons) \$95.00

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|---|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> 10:15 a.m. | <input type="checkbox"/> 10:45 a.m. | <input type="checkbox"/> 11:15 a.m. |
| <input type="checkbox"/> Parent / Child | <input type="checkbox"/> Level 0 | <input type="checkbox"/> Level 2 |
| <input type="checkbox"/> Level 0 | <input type="checkbox"/> Level 1 | <input type="checkbox"/> Level 3 |
| <input type="checkbox"/> Level 1 | <input type="checkbox"/> Level 2 | <input type="checkbox"/> Level 4 |
| <input type="checkbox"/> Level 2 | <input type="checkbox"/> Level 3 | <input type="checkbox"/> Level 0 |

Session 2

Choose the Session, Lesson Time and Level that you would like to enroll:

Session 2 July 8 to July 31, Mondays and Wednesdays, (8 half hour lessons) \$150.00

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|---|---|-------------------------------------|---|------------------------------------|------------------------------------|
| <input type="checkbox"/> 10:15 a.m. | <input type="checkbox"/> 10:45 a.m. | <input type="checkbox"/> 11:15 a.m. | <input type="checkbox"/> 4:15 p.m. | <input type="checkbox"/> 4:45 p.m. | <input type="checkbox"/> 5:15 p.m. |
| <input type="checkbox"/> Parent / Child | <input type="checkbox"/> Level 0 | <input type="checkbox"/> Level 0 | <input type="checkbox"/> Parent / Child | <input type="checkbox"/> Level 2 | <input type="checkbox"/> Level 1 |
| <input type="checkbox"/> Level 0 | <input type="checkbox"/> Level 1 | <input type="checkbox"/> Level 1 | <input type="checkbox"/> Level 0 | <input type="checkbox"/> Level 3 | <input type="checkbox"/> Level 2 |
| <input type="checkbox"/> Level 1 | <input type="checkbox"/> Level 2 | <input type="checkbox"/> Level 2 | <input type="checkbox"/> Level 1 | <input type="checkbox"/> Level 4 | <input type="checkbox"/> Level 4 |
| <input type="checkbox"/> Level 2 | <input type="checkbox"/> Parent / Child | <input type="checkbox"/> Level 3 | <input type="checkbox"/> Level 2 | <input type="checkbox"/> Level 0 | <input type="checkbox"/> Level 0 |

Session 2 July 9 to Aug. 1, Tuesdays and Thursdays, (8 half hour lessons) \$150.00

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|---|---|-------------------------------------|---|------------------------------------|------------------------------------|
| <input type="checkbox"/> 10:15 a.m. | <input type="checkbox"/> 10:45 a.m. | <input type="checkbox"/> 11:15 a.m. | <input type="checkbox"/> 4:15 p.m. | <input type="checkbox"/> 4:45 p.m. | <input type="checkbox"/> 5:15 p.m. |
| <input type="checkbox"/> Parent / Child | <input type="checkbox"/> Level 0 | <input type="checkbox"/> Level 0 | <input type="checkbox"/> Parent / Child | <input type="checkbox"/> Level 2 | <input type="checkbox"/> Level 1 |
| <input type="checkbox"/> Level 0 | <input type="checkbox"/> Level 1 | <input type="checkbox"/> Level 1 | <input type="checkbox"/> Level 0 | <input type="checkbox"/> Level 3 | <input type="checkbox"/> Level 2 |
| <input type="checkbox"/> Level 1 | <input type="checkbox"/> Level 2 | <input type="checkbox"/> Level 2 | <input type="checkbox"/> Level 1 | <input type="checkbox"/> Level 4 | <input type="checkbox"/> Level 4 |
| <input type="checkbox"/> Level 2 | <input type="checkbox"/> Parent / Child | <input type="checkbox"/> Level 3 | <input type="checkbox"/> Level 2 | <input type="checkbox"/> Level 0 | <input type="checkbox"/> Level 0 |

Session 2 July 13 to Aug. 31, Saturdays, (8 half hour lessons) \$150.00

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|---|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> 10:15 a.m. | <input type="checkbox"/> 10:45 a.m. | <input type="checkbox"/> 11:15 a.m. |
| <input type="checkbox"/> Parent / Child | <input type="checkbox"/> Level 0 | <input type="checkbox"/> Level 2 |
| <input type="checkbox"/> Level 0 | <input type="checkbox"/> Level 1 | <input type="checkbox"/> Level 3 |
| <input type="checkbox"/> Level 1 | <input type="checkbox"/> Level 2 | <input type="checkbox"/> Level 4 |
| <input type="checkbox"/> Level 2 | <input type="checkbox"/> Level 3 | <input type="checkbox"/> Level 0 |

Session 3

Choose the Session, Lesson Time and Level that you would like to enroll:

Session 3 Aug. 5 to Aug. 15, Mondays thru Thursdays (8 half hour lessons) \$150.00

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|---|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> 10:15 a.m. | <input type="checkbox"/> 10:45 a.m. | <input type="checkbox"/> 11:15 a.m. |
| <input type="checkbox"/> Parent / Child | <input type="checkbox"/> Level 0 | <input type="checkbox"/> Level 0 |
| <input type="checkbox"/> Level 0 | <input type="checkbox"/> Level 1 | <input type="checkbox"/> Level 1 |
| <input type="checkbox"/> Level 1 | <input type="checkbox"/> Level 2 | <input type="checkbox"/> Level 2 |
| <input type="checkbox"/> Level 2 | <input type="checkbox"/> Level 3 | <input type="checkbox"/> Level 4 |

After initial registration, a \$10.00 fee will be charged to membership accounts for **each change** made in class day or time. A 50% refund per class will be credited to your membership account for classes that are canceled at least eight days prior to the swim lesson start date. No refunds are given within 7 days of the session start date. **I understand the completion of this form does not guarantee a place in the lesson chosen. Group swim lessons may, at the Club's discretion, be scheduled in the Indoor Pool. Once my child is enrolled in swim lessons, I understand that my account will automatically be charged \$150 for an 8-lesson session or \$95 for a 5-lesson session. All requests will be confirmed via email.**

Payment Information: Total: \$ _____

Signature: _____ Date: _____

Learn to Swim Level and Lesson Description

Parent / Child

To acquaint children between the ages of 6 months and 3 years with the water. Creates a positive and friendly environment where parents actively engage with their children through group swimming activities and songs.

- No skill prerequisites
- Child must be at least 6 months old
- Parent must accompany child to each class
- Child must wear swim underpants if not potty trained

Level 0

Familiarize children approximately 4 and 5 years old to the pool and help them acquire basic swimming skills and safety habits in and around water.

- No skill prerequisites
- Children should be approximately 4 years old or older
- Child must wear swim underpants if not potty trained

Level 1

Participants will learn the fundamental skills of swimming and develop their comfortability in the water.

- Participants usually start at about 6 years of age
- Skills taught include bobbing, back floats, opening eyes underwater, retrieving submerged objects in shallow water, front glide, back glide, blowing bubbles, alternating leg action, simultaneous leg action, alternating arm action, simultaneous arm action, combined arm and leg actions on front.

Level 2

Build upon the skills learned in level 1. Participants will begin to acquire more independence from instructor and feel comfortable demonstrating skills independently with some instructor aid.

- Skills taught include front glide 2 body lengths, float in a face-down position 10 seconds, jellyfish float, tuck float, recover from a front float or glide to a vertical position, back glide 2 body lengths, back float 15 seconds, recover from a back float or glide to a vertical position, combined arm and leg action on front (rudimentary front crawl).

Level 3

Build upon the skills learned in level 2 and acquire ability to swim independently and safely with minimal instructor support. Participants will learn proper technique of Freestyle, Backstroke, Breaststroke and Butterfly.

- Skills taught include introductory skills and drills for Freestyle, Backstroke, Breaststroke and Butterfly, streamline position, flutter kicking glides, dolphin kicking, diving from edge of pool, open turns.
- Participants should be comfortable swimming 15 yards independently

Level 4

Build upon the skills learned in level 3 and develop greater stamina, endurance, and stroke refinement.

- Skills taught include distance swimming (25-100 yards at a time), diving into streamline dolphin kick, bilateral breathing, flip turns, fitness swimming, Freestyle, Backstroke, Breaststroke and Butterfly refinement.