



Northview Terrace Swim Club Lesson Registration

If you have more than one swimmer, please fill out separate forms for each child.

Swimmer's Name _____ Age _____ M / F
Parent to Contact _____ Home Phone _____
Street Address _____ City _____ Zip _____
E-mail Address _____ Cell Phone _____
Member Number (if member) _____ **Choose one:** GROUP _____ PRIVATE _____

<u>Group Swim Lessons 2 Week Class</u> \$25 Member / \$35 Non-Member 30 minute daily session	NOTE: Registration fee must be paid at time of registration.	<u>Private Lesson 1 Week Class</u> \$50 cost 30 minute daily session
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Session(s) are as follows:

- June 18 – June 29
- July 9 – July 20
- July 23 – Aug 3
- Aug 6 – Aug 17
- Aug 20 – 30 (weather permitting)

Circle level:

Level I: Water Adjustment

- Developing comfort in the water
- Floating with front/back support
- Blow bubbles
- Get face wet
- Intro to flutter kick

Level II: Water Skills

- Submerge head
- Pick things up off the bottom
- Float unassisted
- Flutter kick practice
- Jump into shallow water

Level III: Stroke Development

- Intro to rotary breathing
- Intro to freestyle
- Jump into deep water
- Intro to backstroke
- Intro to breaststroke kick

Level IV: Stroke Improvement

- Proficiency with free/backstroke
- Intro to breaststroke
- Intro to sit dive/stand dive
- Intro to dolphin kick
- Intro to flip turns

Level V: Competitive Stroke

- Endurance training
- Proficiency in strokes
- Intro to butterfly
- Intro to competitive dive
- Flip turn practice

Please circle the level that most accurately describes your child's ability. This will ensure that we do our best for you and your child.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this carefully and be aware that in signing up and participating in Northview Terrace Swim Lessons, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program. I recognize and acknowledge that there are certain risks of physical injury to participants in this program, and I voluntarily agree to assume the full risk of any and all injuries, damages, or loss, regardless of severity, that my minor child/ward may sustain as a result of said participation. I further agree to waive and relinquish all claims my minor child may have (or accrue to me or my child/ward) as a result of participating in this program against the Northview Terrace Swim Club, including its volunteers, instructors, coaches, members, and board members. I do hereby release and forever discharge the Northview Terrace Swim Club from any and all claims for injuries, damages, or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this program.

Parent/Guardian Signature _____ Date _____

FOR OFFICIAL USE ONLY

Payment received by _____ Payment date _____ Payment amount \$ _____ Form of Payment: check OR cash