

Learn to Swim at Northview Terrace Swim Club!



4779 18th Ave NE Keizer, OR (South on Verda Lane from Chemawa, Left on Dearborn,
Right on 18th Ave)

- 3 two-week sessions
- \$40 per session for members and \$60 per session for non-members
- Taught by trained instructors
- Ten 30 minute lessons per session
- 4 New levels to choose from

www.nvtsc.com

2023 Session dates

- ❖ Session 1 – June 19th to June 30th
- ❖ Session 2 – July 10th to July 21st
- ❖ Session 3 – July 24th to August 4th

To register for swimming lessons, please fill out the form below (front & back) and mail with full payment for each session to: NVTSC Swim Lessons –PO Box 20852 – Keizer, OR 97307. Lessons will be held Monday – Friday beginning at 8:00 am, 8:30am, and 9:00am. Please use the back of this form for level information. Schedule and lesson placement for each session will be posted at the pool the morning the session begins. For questions or concerns please email lessons@nvtsc.com. Checks made to Northview Terrace Swim Club

Please fill out a separate registration form for each swimmer and each session.

Name of Swimmer: _____ Birth date: _____ Age: _____
Enroll in Session: _____ Enroll in Level: _____ Preferred Time: _____
Parent/Contact: _____ Phone: _____
Email: _____ Member \$40 _____ Non-member \$60 _____
If someone other than a parent will be bringing or taking home your child from lessons please
put that contact information here: _____

Though we understand your desire to enroll in lessons at specific times, with specific swimmers, or instructors, we cannot always accommodate such requests. Swimmers will be placed according to level and instructors may vary.

Received by: _____ Date: _____ Payment form: _____ Amount: _____

Skill Levels for Northview Terrace Swim Club

To pass to the next level the following skill should be met:

Level 1	<ul style="list-style-type: none"> ❖ Submerge head comfortably ❖ Blow bubbles with head submerged ❖ Perform basic skills (floating, kicking, arm strokes) with instructor assistance
Level 2	<ul style="list-style-type: none"> ❖ Float front and back independently ❖ Performs efficient kicks ❖ Jump in unassisted in shallow water ❖ Continued stroke development with assistance
Level 3	<ul style="list-style-type: none"> ❖ Streamline with kicks independently front and back ❖ Arm strokes unassisted with beginning side breathing for 5 yards ❖ Comfortable with skills in deep water ❖ Jump in unassisted in deep water
Level 4	<ul style="list-style-type: none"> ❖ Crawl stroke with side breather the width of the pool ❖ Backstroke the width of the pool ❖ Diving from side of pool ❖ Becoming comfortable with elementary backstroke, breast stroke, and dolphin kick

Other information that could be helpful for placing your child in the appropriate lesson for them (i.e. level completed at another pool, fear of water, etc.):

Any health concerns the lifeguard should be aware of (i.e. Allergies, Asthma, etc.):

Northview Terrace Swim Club Liability Waiver

Activity: Swim Lessons Location: Northview Terrace Swim Club Season: 2013

Participant Name: _____

Age: _____ Birthdate: _____ Male/Female: _____

Parent/Guardian Name: _____ Work Ph.: _____ Home Ph.: _____

WAIVER OF LIABILITY: (Parents/Guardian must sign for minors) I/we assume all risks and hazards incidental to such participation and do hereby waive, release, absolve, indemnify, and hold harmless Northview Terrace Swim Club and its representatives for any claim arising out of any injury to myself and/or my/our child.

SIGNATURE: _____ DATE: _____

If you have any questions please contact Kylee Pedersen at lessons@nvtsc.com

