

Swim Club Summer 2009



Monday, Wednesday and Friday mornings
Session 1: June 22- July 3

\$39 per session for members
 \$45 per session for non-members
 Private lessons available upon request

Bubbles

11:05 am - 11:30 am

- Water orientation, splashing, bubbles and independent wall hanging
- Talk to the Fish, Listen to the Fish exercise
- Floating, front and back
- Pool safety and boundaries
- Advancement test: Float independently for 10 sec.

Crabs

10:35 am - 11:00 am

- Swimming away from the wall independently
- Breathing, using the "front crawl"
- Back float with kick
- Pool rules
- Advancement test: Front Crawl taking at least two alternating breaths.

Fish

10:00 am - 10:30 am

- Begin breast stroke: Chicken, Airplane, Solider
- Stroke Development
- Distance
- Pool safety
- Advancement test: Based on stroke development

Water Rangers

9:20 am - 9:55 am

- Stroke technique on Freestyle, Breast, Back and Butterfly strokes
- Flip turns
- Endurance
- Teaching pool safety
- Distance averaging 700-1000 yards per lesson



Swimming Lessons 2009 Waiver and Liability Agreement

Parent/ Guardian Name: _____

Home Phone #: _____ Other Phone #: _____

Email: _____

Address: _____ City: _____ State: _____ Zip: _____

Participant's Name: _____ Age: _____ Birthday: ____/____/____

Description of Lessons

All lessons will have three main themes; Safety, Technique and Knowledge. Pool safety will be illustrated through safety rules as well as what to do in emergency situations.

Technique will be geared towards proper stroke technique for life long habits. Overall water knowledge will be incorporated into each program.

Classes are held on Mondays, Wednesdays and Fridays.

Session 1: June 22 - July 3		Water Rangers 9:20 - 9:55	
Session 2: July 6 - July 17		Fish 10:00 - 10:30	
Session 3: July 20 - August 31		Crabs 10:35 - 11:00	
Session 4: August 3 - August 14		Bubbles 11:05 - 11:30	

Please check which level and sessions you would like to enroll your child in. All levels are offered each session.

Liability Waiver

I understand that there are certain risks of injury or death associated with swimming lessons. I understand these risks and will not hold Durango Sports Club or any of their employees responsible if such an incident occurs.

Parent's Signature _____ Date _____

Payment Method - Check: _____ CC: _____ Cash: _____ Employee's Initials: _____