



2019 Summer Swim Lessons

Group Lessons 4:1

Our group swim lessons begin June 10th and are held Monday – Thursday for two weeks. Lesson starts every 30 minutes and are 25 minutes long; we have morning (10:00 – 11:30a.m. start time) and afternoon (4:00 – 6:30 p.m. start time) lessons, please choose a half hour start time during the offered time blocks. Our instructor to student ratio is 4:1. All students will be quickly assessed the first day of the class to confirm their ability. Students may be moved to a different class based on this test (lesson time could change + or – 30 min). See level descriptions on the back of this page. complete the attached registration form and mail or deliver to 6604 Northridge Drive San Jose, CA 95120 or email the completed form to swimlessons@almadensrc.org.

Price per Session

ASRC Members – Session 1, 3, 4 **\$110** - Session 2 **\$95** - Session 5 **\$55**

Non-Members - Session 1, 3, 4 **\$160** - Session 2 **\$140** - Session 5 **\$80**

Circle a Session, and request a time below

Session 1: June 10th – June 20st

Session 2: June 24th – July 3rd

Session 3: July 8th – July 18th

Session 4: July 22rd – Aug 1st

Session 5: Aug 5th – Aug 8th

**Level _____ **Time(s) request _____

Payment is due at the time of registration

Check # _____

Bill my account
(Members only)

Credit card # _____ - _____ - _____ - _____ Exp. _____ CVV# _____ Billing Zip _____

Name of Swimmer _____ Age _____ DOB _____

Parent or Guardian's Name _____

Mailing Address _____

Phone # _____ Email _____

RELEASE OF LIABILITY: I hereby authorize the staff of Almaden Swim & Racquet Club (ASRC) to act for me according to their best judgment in any emergency requiring medical attention and I hereby waive and release the employees and (ASRC) for any and all liability for any injuries or illnesses while at the Almaden Swim & Racquet Club. I have no knowledge of any physical impairment that would be affected by the above named participant(s) in the ASRC Swim Lesson Program. My signature on this waiver also states that the above named participant(s) is/are covered by my medical insurance policy.

Parent/Guardian Signature _____ Date _____

NO REFUNDS OR MAKE UP LESSONS *Level Descriptions on the back

****Requested times are not final until approved by ASRC Management. We will call you to confirm your time slot.**

These abilities are completed by the end of class, students are not required to know these skills before signing up, they are taught during the session.

Level 1-Starfish

1. Retrieve Underwater Objects
2. Back and Front Float with Support
3. Knows Basic Pool Rules
4. Blow Bubbles from Nose and Mouth
5. Rhythmic Bobbing
6. Safe Pool Entries and Exits
7. Flutter Kick Front and Back (Assisted)
8. Floating
9. Rhythmic Breathing

Level 2-Clown Fish

1. Elementary Backstroke
2. Change Position/Level Off
3. Deep (5ft) water Exploration
4. Flutter Kick Front and Back (Unassisted)
5. Know Safe Swimming Rules
6. Side Breathing
7. Seated Dive
8. Turning over Front to Back
9. Back and Front Float without Support
10. Basics of Treading

Level 3-Otter

1. Backstroke
2. Dolphin Kick (Assisted)
3. Freestyle with Side Breathing
4. Jumps into Deep Water and Recover
5. Push-Off and Glide, Front and Back
6. Retrieve Underwater Objects
7. Safe Diving Rules
8. Tread Water for :30 seconds
9. Dive from Kneeling and Compact Positions
10. Introduce Sculling

Level 4- Penguins

1. Breaststroke
2. Introduce Turns
3. Sculling
4. Introduce Butterfly
5. Dolphin Kick (Unassisted)
6. Streamlines and Proper Push-Off
7. Freestyle with Side Breathing (25 yards)
8. Tread Water For 1 Minute
9. Backstroke stay on back (12.5 yards)
10. Stride and Standing Dives
11. Open Turns

Level 5-Dolphins

1. Flipturns
2. Breaststroke (12.5 yards)
3. Diving Safely in Top 4ft. of Water
4. Butterfly (12.5 yards)
5. Backstroke Stroke Count from Flags
6. Freestyle with Side Breathing (50 yards)
7. Backstroke Staying on Back (25 yards)
8. Push-Off with Breakouts
9. Tread Water for 2 Minutes

Level 6-Whales

1. Backstroke (50 yards)
2. Breaststroke (25 yards)
3. Freestyle (50 yards) with Flipturns
4. Butterfly (25 yards)
5. Backstroke Flipturn
6. Push-Offs with Breakouts from Turns
7. Sculling (25 yards)
8. Tread Water For 3 Minutes (1 min no hands)