

SwimAmerica™

Swim Lessons 2010

World's Best Swim Lessons

Swim American Swim Lessons Provide:

- ★ A coach to student ratio of 1 to 5 or better.
- ★ Trained coaches are gentle, caring, and understand children.
- ★ Emphasis on excellent swimming techniques.
- ★ A 10-step station-to-station progression teaching method, which insures continued improvement. Swimmers can then join the Summer Ducks at a pro-rated cost as part of the Redding Swim Team.

LOCATION	SHASTA COLLEGE MORNING			SHASTA HIGH AFTERNOON		
DATES	TIME	TIME	TIME	TIME	TIME	TIME
*May24 - June 4				5:15pm	5:45pm	6:15pm
June 7 - June 17	10:00am	10:30am	11:00am	5:15pm	5:45pm	6:15pm
June21 - July 1	10:00am	10:30am	11:00am	5:15pm	5:45pm	6:15pm
*July 5 - July15	10:00am	10:30am	11:00am	5:15pm	5:45pm	6:15pm

- ❖ Cost is \$51.00 credit/debit per student or **\$49.00 cash/check per student discount.**
- ❖ Sessions include 8 days of instruction, 30 minutes per day Monday – Thursday.
- ❖ Small group instruction for swimmers ages 3 years and older, taught by caring instructors.
- ❖ All instructors are certified by Swim America®, a nationally recognized program.
- ❖ Lessons at Shasta College Pool. Monday through Thursdays.
- ❖ Registration is first come, first serve. Registration will be taken until the Thursday, prior to the next session.
- ❖ If registering on the first day of a new session, there will be a late fee of \$5.00.
 - May 24, Classes will start on Tuesday and continue through Friday of the first week, due to the holiday May 31.
 - July 5, Classes will start on Tuesday and continue through Friday of the first week, due to the holiday July 4.

Swim Lessons Registration Form

(Please detach this portion and mail or fax)

PROGRESSION LEVELS

- | | |
|---|---|
| <ul style="list-style-type: none"> 1. Non swimmer 2. Ability to place head underwater 3. Front float/Back floats 4. Front float and kick/Back float and kick 5. Crawl arm stroke, no breathing | <ul style="list-style-type: none"> 6. Crawl arm with breathing 7. Crawl swim and backstroke 8. Beginning Stroke School 9. Intermediate Stroke School 10. Advance Stroke School |
|---|---|

#1 Child's Name _____ Age _____ Level _____ Session Date: _____ Time: _____

#2 Child's Name _____ Age _____ Level _____ Session Date: _____ Time: _____

#3 Child's Name _____ Age _____ Level _____ Session Date: _____ Time: _____

Address: _____ City: _____ Zip: _____

Phone (Day): _____ (Evening) _____

Amount you are enclosing: _____ *Visa, MasterCard, and Discover: _____ Exp. _____

* Credit Card Price \$51.00 or \$49.00 cash/check discount

> Make Checks payable to: **Redding Swim Team**

> Mail Registration form to: P.O. Box 992112
Redding, CA 96099-2112

> Registration can be Faxed to 246-2666 (Must include Credit Card information)

No Refunds after lessons have been scheduled.

Liability Release: As a parent or legal guardian of a participant in the swim program represented by this registration form, I agree to hold Redding Swim Team and its officers and agents free and harmless from any claim or expense that may arise due to participation in this program.

Signature of Parent/Guardian _____ Date _____