



# Swimming Lesson Registration

PARTICIPANT INFORMATION			
<small>First</small> Participant:	<small>Last</small>	DOB:    /    /	Age:
<small>First</small> Parent/ Guardian:	<small>Last</small>	Is participant a current Season Pass Holder?      Yes    No	
<small>Street</small> Address:		<small>City</small>	<small>State</small> <small>Zip</small>
Email:			
Phone #:		Alt. Phone #:	
LESSON SELECTION			
<b>Session Date:</b>			
<input type="checkbox"/> June 04 - 14	<input type="checkbox"/> June 18 - 28	<input type="checkbox"/> July 02 - 12	<input type="checkbox"/> July 16 - 26 <input type="checkbox"/> July 30 - Aug 09
<b>Session Time:</b>			
<input type="checkbox"/> 8:15 - 8:45am	<input type="checkbox"/> 8:50 - 9:20am	<input type="checkbox"/> 9:25 - 9:55am	<input type="checkbox"/> 10:00 - 10:30am
<b>Skill Level:</b>			
<input type="checkbox"/> Parent & Tot	<input type="checkbox"/> Tadpole	<input type="checkbox"/> Frog	<input type="checkbox"/> Seal <input type="checkbox"/> Otter <input type="checkbox"/> Alligator <input type="checkbox"/> Dolphin
<b>Beginner Level 0 - Parent &amp; Tot</b> <ul style="list-style-type: none"> <li>• Getting in the water</li> <li>• Jumping in</li> <li>• How to properly hold child in water</li> <li>• Pulling, kicking, returning to wall</li> <li>• Back and front float positions</li> </ul>	<b>Beginner Level 1 - Tadpole</b> <ul style="list-style-type: none"> <li>• Safe water entry/exit</li> <li>• Blow bubbles</li> <li>• Retrieve object under water</li> <li>• Getting face and head wet</li> <li>• Introduction to floating</li> </ul>	<b>Beginner Level 2 - Frog</b> <ul style="list-style-type: none"> <li>• Kicking skills with flotation</li> <li>• Jumping in pool with assistance</li> <li>• Front glides</li> <li>• Supported front and back floats</li> <li>• Retrieve object with eye underwater</li> </ul>	
<b>Intermediate Level 3 - Seal</b> <ul style="list-style-type: none"> <li>• Front glide with kick</li> <li>• Rolling from back to front</li> <li>• Supported back glides</li> <li>• Introduction to front arm action</li> <li>• Sitting dives</li> </ul>	<b>Intermediate Level 4 - Otter</b> <ul style="list-style-type: none"> <li>• Front crawl arms and legs</li> <li>• Back glides without flotation</li> <li>• Introduction to back crawl</li> <li>• Rhythmic side breathing</li> <li>• Kneeling dives</li> </ul>	<b>Advanced Level 5 - Alligator</b> <ul style="list-style-type: none"> <li>• Back crawl</li> <li>• Treading water</li> <li>• Elementary backstroke</li> <li>• Front crawl with side breathing</li> <li>• Standing dives</li> </ul>	<b>Advanced Level 6 - Dolphin</b> <ul style="list-style-type: none"> <li>• Breaststroke</li> <li>• Introduction to butterfly</li> <li>• Diving starts and safety</li> <li>• Beginning rescue skills</li> <li>• Endurance swimming</li> </ul>
SWIM PROGRAM INFORMATION			
<ul style="list-style-type: none"> <li>• All lessons are 30 minutes in length</li> <li>• Each two-week session runs Monday - Thursday, with make-ups on Fridays.</li> <li>• There are no refunds for missed lessons.</li> <li>• All guests, including season pass holders must exit the park at 10:30am and re-enter when the park opens</li> <li>• Classes for ages 3 - 12 and Parent Tot classes for younger children</li> <li>• Emphasis on water safety and FUN!</li> <li>• Heated pools</li> <li>• Nationally certified instructors</li> <li>• Lifeguard on duty during lessons</li> <li>• Earn a Roaring Springs PM Plunge admission ticket for completing lessons</li> </ul>			
PAYMENT INFORMATION			
@ \$75.00	Group Lessons	Notes:	
@ \$135.00	Private Lessons		
@ -\$10.00	Season Pass/Sibling Discount		
	Sub Total		
	6% Sales Tax		
	<b>TOTAL</b>		