Teen/Adult Beginning - This beginning swimming class is designed for adults with little or no experience in the water. Participants will learn water adjustment skills, floating on both the front and back, front crawl with side breathing, back crawl and elementary backstroke. Participants will also become familiar with deep water and will learn safety skills.

Activity #343201

11	***Saturday 243202***	*8/24-9/28** **no class 8/31*	*9-10am*	*5 classes *no class 8/31 $45(Res)/$36 (SR Res) & $60 (NR)/$48 (SR Non-Res)*
01	Monday	9/9-9/30	6-7pm	4 classes $36 (Res)/$29 (SR Res) & $48 (Non-Res)/$39 (SR Non-Res)
02	Tuesday	9/3-9/24	9-10am	4 classes $36 (Res)/$29 (SR Res) & $48 (Non-Res)/$39 (SR Non-Res)
03	Wednesday	9/4-9/25	6-7pm	4 classes $36 (Res)/$29 (SR Res) & $48 (Non-Res)/$39 (SR Non-Res)
04	Wednesday	9/4-9/25	10-11am	4 classes $36 (Res)/$29 (SR Res) & $48 (Non-Res)/$39 (SR Non-Res)
05	Monday	10/7-11/4	6-7pm	5 classes $45(Res)/$36 (SR Res) & $60 (NR)/$48 (SR Non-Res)
06	Tuesday	10/1-10/22	9-10am	4 classes $36 (Res)/$29 (SR Res) & $48 (Non-Res)/$39 (SR Non-Res)
07	Wednesday	10/2-10/23	6-7pm	4 classes $36 (Res)/$29 (SR Res) & $48 (Non-Res)/$39 (SR Non-Res)
08	Wednesday	10/2-10/23	10-11am	6 classes $54 (Res)/$44 (SR Res) & $72 (Non-Res)/$58 (SR Non-Res)
09	Saturday	10/5-10/26	9-10am	4 classes $36 (Res)/$29 (SR Res) & $48 (Non-Res)/$39 (SR Non-Res)
10	Tuesday	10/29-11/19	9-10am	4 classes $36 (Res)/$29 (SR Res) & $48 (Non-Res)/$39 (SR Non-Res)
11	Wednesday	10/30-11/20	6-7pm	4 classes $36 (Res)/$29 (SR Res) & $48 (Non-Res)/$39 (SR Non-Res)

Teen/Adult Intermediate- Intermediate swimming is designed for adults who can swim at least 25 yards of freestyle and backstroke. Students in this class will work on developing endurance and further refining the skills and strokes taught in beginning swimming. The breaststroke, sidestroke and butterfly will be introduced. Diving, treading water and other deep-water skills will be introduced.

Activity #343202

11	***Saturday 243203***	8/24-9/28* *no class 8/31	10-11am	5 classes *no class 8/31 $45(Res)/$36 (SR Res) & $60 (NR)/$48 (SR Non-Res)
01	Monday	9/9-9/30	9-10am	4 classes $36 (Res)/$29 (SR Res) & $48 (Non-Res)/$39 (SR Non-Res)
02	Monday	9/9-9/30	6-7pm	4 classes $36 (Res)/$29 (SR Res) & $48 (Non-Res)/$39 (SR Non-Res)
03	Wednesday	9/4-9/25	9-10am	4 classes $36 (Res)/$29 (SR Res) & $48 (Non-Res)/$39 (SR Non-Res)
04	Wednesday	9/4-9/25	6-7pm	4 classes $36 (Res)/$29 (SR Res) & $48 (Non-Res)/$39 (SR Non-Res)
05	Monday	10/7-10/28	9-10am	4 classes $36 (Res)/$29 (SR Res) & $48 (Non-Res)/$39 (SR Non-Res)
06	Monday	10/7-10/28	6-7pm	4 classes $36 (Res)/$29 (SR Res) & $48 (Non-Res)/$39 (SR Non-Res)
07	Wednesday	10/2-10/23	9-10am	4 classes $36 (Res)/$29 (SR Res) & $48 (Non-Res)/$39 (SR Non-Res)
08	Wednesday	10/2-10/23	6-7pm	4 classes $36 (Res)/$29 (SR Res) & $48 (Non-Res)/$39 (SR Non-Res)
09	Saturday	10/5-10/26	10-11am	4 classes $36 (Res)/$29 (SR Res) & $48 (Non-Res)/$39 (SR Non-Res)

Teen/Adult Advanced - This class is designed for adults wishing to take their swimming to the next level. Valuable skills and techniques to create your own workout or to help you prepare to join the Masters' swim team. Participants must be able to swim 25 yards of each: freestyle, backstroke, and breaststroke. Familiarity with butterfly is recommended but not required. This course provides an introduction to swim training terminology, such as stroke development, endurance, drills, turns, starts and training with aquatic equipment.

Activity #343203

07	***Saturday 243204***	8/24-9/28* *no class 8/31	10-11am	5 classes *no class 8/31 $45(Res)/$36 (SR Res) & $60 (NR)/$48 (SR Non-Res)
01	Tuesday	9/3-9/24	6-7pm	4 classes $36 (Res)/$29 (SR Res) & $48 (Non-Res)/$39 (SR Non-Res)
02	Thursday	9/5-9/26	6-7pm	4 classes $36 (Res)/$29 (SR Res) & $48 (Non-Res)/$39 (SR Non-Res)
03	Tuesday	10/1-10/22	6-7pm	4 classes $36 (Res)/$29 (SR Res) & $48 (Non-Res)/$39 (SR Non-Res)
04	Thursday	10/3-11/14	6-7pm	6 classes $54 (Res)/$44 (SR Res) & $72 (Non-Res)/$58 (SR Non-Res)
05	Saturday	10/5-10/26	10-11am	4 classes $36 (Res)/$29 (SR Res) & $48 (Non-Res)/$39 (SR Non-Res)
06	Tuesday	10/29-11/19	6-7pm	4 classes $36 (Res)/$29 (SR Res) & $48 (Non-Res)/$39 (SR Non-Res)

City of El Cerrito Swim Center Teen/Adult Swim Lessons (12+ years)

7007 Moeser Lane ~ (510) 559-7011 ~ www.el-cerrito.org/recreation

Fall 2013

Primary (Adult) Contact Last Name	First Name	Birth date	Gender (M/F)	Cell phone number
				( )
				( )

Street Address: _____ City: _____ Zip: _____

Home Phone: (_____) _____ Work Phone (_____)_____ Cell: (____)_____

Email: _____@_____

Registration form is limited to family members living at the same address only!

Participant – first and last (use one line for each person or course)	Class Title/Date	Activity#	Section	Birth date (mm/dd/yy)	Male/ Female	Course Fee $
1.						
2.						
					Total Fees:	

Refund Policy:

Patron requested refunds or transfer requests will be approved only if initiated no later than 7 business days prior to the first day of class. All refunds/transfers will be charged a processing fee of $16 per class. Refunds will not be granted after the first class meeting except in the case of medical emergency. A medical note must accompany all refund requests. Medical refund requests must be submitted prior to the last scheduled day of the session.

Refund requests must be made in writing to:
City of El Cerrito
7007 Moeser Lane
El Cerrito, CA 94530

Or by fax to (510) 528-9413 or by email to recreation@ci.el-cerrito.ca.us

Missed Lessons: Please plan your schedule carefully. We are unable to offer make-ups for missed lessons. In the event of a medical emergency, please complete and submit a schedule change/transfer/cancelation form accompanied by a doctors' note to be considered for a refund for the missed lesson. This form must be turned in to the swim center office or emailed to recreation@ci.el-cerrito.ca.us, attention Aquatics Supervisor within 24 hours of the missed lesson

Photo Release:

I acknowledge that the City of El Cerrito takes photographs and videotapes of its activities and events for publicity purposes and authorize the use of my image or my child's image by the City for such purposes. I understand I will not be compensated for use of photos or videos.

Liability Release:

I hereby absolve the City of El Cerrito, its employees and volunteers from all liability that may arise as the result of my participation in the activities mentioned on this sheet, and, if the above named participant is a minor, I hereby give my permission for his/her participation as indicated and in so doing absolve the City of El Cerrito, its employees and volunteers from such liability. I realize that the City of El Cerrito is not responsible for lost or stolen articles.

I understand that participants in the City of El Cerrito programs do so at their own risk and the City does not provide accident insurance.

Participant/Parent/Guardian Signature:_____ Date: _____

Staff Use Only:

Date Processed: _____ Staff Initials: _____ Receipt #: _____