

Youth Swimming Lessons Registration Form SPRING 2010

Registration starts for EC Residents on December 1st & Non-EC Residents on December 8th

Participant Name _____ Date of Birth _____

Parent/Guardian Name _____ Email _____

Address _____ City _____ Zip _____

Home Phone _____ Cell/ Other _____ Work _____

Registration is available in person at the Swim Center, online, by mail and by fax. Forms of payment accepted are: Cash, Check, Visa, MasterCard and American Express. Checks should be made payable to "City of El Cerrito".

Credit Card Payment # _____ Expiration date _____

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.

Injury: 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.

Refunds: There are no refunds for activities sponsored by the City of El Cerrito unless a medical emergency occurs and a written excuse from a medical professional is provided or the activity is canceled due to lack of enrollment.

Transfers: Transfers from one session to another must be made at the Community Center 10 working days before the session begins. A \$15.00 service fee is required. If a child passes their current level we will transfer them into the new level free of charge.

Photos: I also understand that the City of El Cerrito Recreation Department occasionally takes photos of department programs and that these photos may include me or my child. I hereby authorize use of these photos for promotional or marketing purposes at the discretion of the City of El Cerrito.

Note: Swim lessons are not a drop off program. A parent or guardian must accompany their child/children to all lessons and must remain in the pool area during the entire lesson.

Participant or Parent/Guardian Signature

Date

Please use the reverse side of this form to select a time and level for swim lessons.

Pre-Swimming Classes Ages 6 months to 3 years	Class Descriptions
Parent and Tot Ages 6 months to 3 years	For children 6 months through 3 years of age and their parents or other adult. This program helps children become comfortable in and around the water so that they are ready to learn to swim. Children learn some basic aquatic skills through the use of songs and games. The program is designed to give parents information and teach them techniques to help orient their children to the water.
Pee Wee (Ages 2 1/2 to 4 years)	Pee Wee swimming is a great introduction to swim lessons for children ages 2 1/2 to 4. The class will focus on learning to be comfortable in and enjoying the water through songs, games and play.
Learn to Swim Levels (Ages 4-12)	Pre-requisite Skills needed to be in each level
Level 1	No skills needed this is a water adjustment class with a focus on learning fundamental skills. Must be a minimum of 4 years old to participate.
Level 2	Enter independently, using steps or side, travel at least 5 yards, bob 3 times (fully submerging) then safely exit the water. Face in water while floating unsupported (10 seconds). Back float unsupported (10 seconds). Glide on front 2 body lengths, roll to back (with assistance) back float for 3 seconds and recover to a vertical position.
Level 3	Step from side into chest deep water, move into a front float for 5 seconds, roll over to a back float, for 5 seconds, return to a standing position. Move into a back float for 5 seconds, roll to front float for 5 seconds then return to a standing position. Push off and swim using combined arm stroke and kick for 10 yards on the front. Push off and swim using back float kick and fin for 10 yards.
Level 4	Jump into deep water, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to side), maintain position by treading or back floating for 30 seconds and swim back stroke 15 yards.
Level 5	Perform a feet-first entry into deep water, swim front crawl for 25 yards with rhythmic side breathing, change direction and position and swim backstroke for 25 yards. Swim elementary backstroke 15 yards. Swim breaststroke 15 yards. Tread water for 1 minute.
Level 6	Perform a shallow dive in to deep water, swim front crawl for 50 yards, change direction and position and swim backstroke for 50 yards. Swim breaststroke for 25 yards, change direction and position and swim elementary backstroke for 25 yards. Tread water for 2 minutes. Swim sidestroke for 25 yards.

If you have questions regarding which level to place your child in, please contact EC Swim Staff at (510) 559-7011 or bcooney@ci.el-cerrito.ca.us

MONDAY & WEDNESDAY	SESSIONS 1 & 2			
Circle all sessions that apply	4:30PM		5:00PM	
Session 1 2/1/10 to 2/24/10 (7 classes) *No Class 2/15/10 President's Day Resident: \$63.00/Non-Resident: \$77.00	Level 1		Level 2	
Session 2 3/1/10 to 3/17/10 (6 classes) Resident: \$54.00/Non-Resident: \$66.00	Level 3		Level 4	
Circle all sessions that apply.	SESSIONS 3, 4 & 5			
	4:00PM	4:30PM	5:00PM	5:30PM
Session 3 3/22/10 to 4/14/10 (8 classes) Resident: \$72.00/Non-Resident: \$88.00	Pee Wee	Level 1	Level 1	Level 1
Session 4 4/19/10 to 5/12/10 (8 classes) Resident: \$72.00/Non-Resident: \$88.00	Level 2	Level 2	Level 2	Level 3
Session 5 5/17/10 to 6/2/10 (5 classes) *No Class 5/31/10 Memorial Day Resident: \$45.00/Non-Resident: \$55.00	Level 3	Level 3	Level 4	Level 5/6

TUESDAY & THURSDAY	SESSION 1			
Circle all sessions that apply	4:30PM		5:00PM	
Session 1 3/2/10 to 3/18/10 (6 classes) Resident: \$54.00/Non-Resident: \$66.00	Pee Wee		Level 1	
	Level 3		Level 2	
	Level 4		Level 5/6	
Circle all sessions that apply	SESSIONS 2, 3 & 4			
	4:30PM	5:00PM	5:30PM	6:00PM
Session 2 3/23/10 to 4/15/10 (8 classes) Resident: \$72.00/Non-Resident: \$88.00	Pee Wee	Level 1	Level 1	Level 1
Session 3 4/20/10 to 5/13/10 (8 classes) Resident: \$72.00/Non-Resident: \$88.00	Level 2	Level 3	Level 2	Level 2
Session 4 5/18/10 to 6/3/10 (6 classes) Resident: \$54.00/Non-Resident: \$66.00	Level 3	Level 4	Level 5/6	Level 3

TUESDAY & THURSDAY	SESSION 1, 2 & 3		
Circle all sessions that apply	11:00AM		
Session A 4/13/10 to 4/29/10 (6 classes) Resident: \$54.00/Non-Resident: \$66.00	Parent & Tot		
Session B 5/4/10 to 5/20/10 (6 classes) Resident: \$54.00/Non-Resident: \$66.00			
Session C 5/25/10 to 6/10/10 (6 classes) Resident: \$54.00/Non-Resident: \$66.00			

SATURDAY	SESSION 1 & 2			
Circle all sessions that apply	10:00AM	10:30AM	11:00AM	11:30AM
Session 1 2/6/10 to 2/27/10 (4 classes) Resident: \$36.00/Non-Resident: \$44.00	Pee Wee	Level 1	Pee Wee	Level 1
Session 2 3/6/10 to 3/27/10 (4 classes) Resident: \$36.00/Non-Resident: \$44.00	Level 2	Level 2	Level 3	Level 2
	Level 4	Level 5/6	Level 4	Level 3
Circle all sessions that apply	SESSIONS 3 & 4			
	10:00AM	10:30AM	11:00AM	11:30AM
Session 3 4/3/10 to 5/1/10 (5 classes) Resident: \$45.00/Non-Resident: \$55.00	Pee Wee	Level 1	Parent & Tot	Parent & Tot
Session 4 5/8/10 to 6/5/10 (5 classes) Resident: \$45.00/Non-Resident: \$55.00	Level 2	Level 2	Pee Wee	Level 1
	Level 3	Level 3	Level 3	Level 2
	Level 4	Level 5/6	Level 4	Level 3