

# Youth Swimming Lessons Registration Form Fall 2009

Registration starts for EC Residents August 4th & Non-Residents August 11th

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.

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
<b>Parent and Tot</b> 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.
<b>Pee Wee</b> (Ages 2 ½ to 4 years)	Pee Wee swimming is a great introduction to swim lessons for children ages 2 ½ to 4. The class will focus on learning to be comfortable in and enjoying the water through songs, games and play.
<b>Learn to Swim Levels</b> (Ages 4-12)	<b>Pre-requisite Skills needed to be in each level</b>
<b>Level 1</b>	No skills needed this is a water adjustment class with a focus on learning fundamental skills. <b>Must be a minimum of 4 years old to participate.</b>
<b>Level 2</b>	Enter unassisted, move 5 yards, bob 5 times to chin level and safely exit water. Float on front for 5 seconds (face in water), roll to back and float on back (ears in water) for 5 seconds.
<b>Level 3</b>	Step from side into chest deep water, move into a front float for 5 seconds, roll over to a back float, return to a standing position, then move to a back float for 5 seconds and return to a standing position. Push off and swim using arm stroke and kick for 15 feet on the front; push off and swim using back float kick and fin or back crawl for 15 feet.
<b>Level 4</b>	Jump into Chest –deep water, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to side), maintain position by treading or floating for 30 seconds and swim back crawl 15 yards.
<b>Level 5</b>	Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards. Swim breaststroke 15 yards, tread water for 1 minute and swim back crawl for 25 yards.
<b>Level 6</b>	Perform a shallow dive in to deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards. Swim breaststroke 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

Remember if you have questions regarding which level to place your child in please contact swim staff at 510.559.7011 or [bcooney@ci.el-cerrito.ca.us](mailto:bcooney@ci.el-cerrito.ca.us).

Register online at [http://www.el-cerrito.org/recreation/swim\\_center.html](http://www.el-cerrito.org/recreation/swim_center.html)

<b>MONDAY &amp; WEDNESDAY</b>				
Circle all sessions that apply	4:00PM	4:30PM	5:00PM	5:30PM
<b>Session 1</b> 9/9/09 to 9/30/09 (7 classes) *No Class 9/7/09 Resident: \$63.00/ Non-Resident: \$77.00	Pee Wee	Level 1	Level 1	Level 1
<b>Session 2</b> 10/05/09 to 10/28/09 (8 classes) Resident: \$72.00/ Non-Resident: \$88.00	Level 2	Level 2	Level 2	Level 3
<b>Session 3</b> 11/2/09 to 11/25/09 (7 classes) *No Class 11/11/09 Resident: \$63.00/ Non-Resident: \$77.00	Level 3	Level 3	Level 4 (Big Pool)	Level 5/6 (Big Pool)
<b>Session 4</b> 11/30/09 to 12/9/09 (4 classes) Resident: \$36.00/ Non-Resident: \$44.00				

<b>TUESDAY &amp; THURSDAY</b>				
Circle all sessions that apply	4:30PM	5:00PM	5:30PM	6:00PM
<b>Session 1</b> 9/8/09 to 10/1/09 (8 classes) Resident: \$72.00/ Non-Resident: \$88.00	Pee Wee	Level 1	Level 1	Level 1
<b>Session 2</b> 10/6/09 to 10/29/09 (8 classes) Resident: \$72.00/ Non-Resident: \$88.00	Level 2	Level 3	Level 2	Level 2
<b>Session 3</b> 11/3/09 to 11/24/09 (7 classes) *No Class 11/26/09 Resident: \$63.00/ Non-Resident: \$77.00	Level 3	Level 4 (Big Pool)	Level 5/6 Big Pool	Level 3
<b>Session 4</b> 12/1/09 to 12/10/09 (4 classes) Resident: \$36.00/ Non-Resident: \$44.00				

<b>SATURDAY</b>		<b>Sign up for one level at one time slot (Circle one)</b>			
Circle all sessions that apply	10:00am	10:30am	11:00am	11:30am	
<b>Session 1</b> 9/12/09 to 10/3/09 (4 classes) Resident: \$36.00/ Non-Resident: \$44.00	Pee Wee	Level 1	**Parent & Tot	**Parent & Tot	
<b>Session 2</b> 10/10/09 to 10/31/09 (4 classes) Resident: \$36.00/ Non-Resident: \$44.00	Level 2	Level 2	Pee Wee	Level 1	
<b>Session 3</b> 11/7/09 to 12/5/09 (4 classes) *No Class 11/28/09 Resident: \$36.00/ Non-Resident: \$44.00	Level 3	Level 3	Level 3	Level 2	
	Level 4 (Big Pool)	Level 5/6 (Big Pool)	Level 4 (Big Pool)	Level 3	

**(\*\*NOTE: Parent & Tot Class is only offered Sessions 1 & 2)**

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