

# Group Swim Lessons

## At the Athletic Club of Bend

ACB is proud to offer American Red Cross Swim Lessons. Join our certified instructors on Monday & Wednesday nights for eight half hour sessions. Our Learn to swim program is for children who are three years old and up. During the summer we will resume offering Toddler lessons taught in the wading pool. (Private lessons are available for this age group). There will be no make-ups for missed classes. All lessons require three students in each class to run a program.

May 3<sup>rd</sup> - 26<sup>th</sup>  
Monday & Wednesday.

4:30 Parent Tot, Seahorse, Flying fish

5:00 Angelfish, Advanced Swimming Skills (Levels 4-6)

**Cost:**

\$60.00 per session (members)

\$70.00 per session (non-members)

Please see backside for level description, and Aquatic Cancellation Policy. Parents must sign backside of registration and participant release form. One form per child. 322-5856 for Questions.

Childs Name: \_\_\_\_\_ Member #: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Parents Name: \_\_\_\_\_

Level: \_\_\_\_\_ Class Time: \_\_\_\_\_

Phone #: \_\_\_\_\_ Age: \_\_\_\_\_

**Parent Tot:** A program to help children 6 months to 3 years old to have fun in the water while introducing breath-holding, bubble blowing and front and back floats. This program requires an adult in the water with each child.

**Seahorse Level 1: Introduction to water skills.**

This program is for children 3 and up. Students begin to explore the water environment through floating, submerging, kicking skills, breath control and elementary skills. This program creates a solid foundation for aquatic and safety skills.

**Angelfish Level 2: Fundamental Aquatic Skills.**

Students grow on basic aquatic locomotion and safety skills. In the course students learn how to float and kick on front and back, rhythmic breathing and combined strokes on front and back.

**Flyingfish Level 3: Stroke Development.**

Students combine strokes and learn safety skills for themselves and others. Students expand their freestyle and backstroke. They are introduced to other strokes including breaststroke and elementary backstroke.

**Dolphins Level 4: Stroke Improvement (Advanced swimming skills)**

Students develop their strokes and also practice life saving skills. Course contents include: fundamentals of elementary backstroke, butterfly, sidestroke, breaststroke and sculling. They learn safe diving and introduction to front flip turn.

**Sharks Level 5: Stroke Refinement (Advanced swimming skills)**

Students practice all strokes and in between work on lifesaving safety skills including survival swimming and spinal injuries. Students grow in distance swimming and practice a diving start into the water with a flip turn at the other end.

**Killer Whales Level 6: Personal Water Safety (Advanced swimming skills)**

Students complete and perfect all strokes. They practice and perfect all rescue techniques and additional water safety. Students work on endurance of distance swimming with dives, and flip turns.

**Cancellation Policy**

Cancellations must be made 72 hours in advance of all programs starting date in order to receive full refund; otherwise 50% of program cost will be refunded. All cash or check payments due with registration. No cash refunds.

Please sign if you read and understand the Cancellation Policy.

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