CITY OF MERCED OFFICE OF RECREATION LES SWIM LESSON PROGRAM SUMMER 2013

LESSONS FOR AGES 6 MONTHS TO 12 YEARS OLD-

Swim Lessons are held at McNamara Pool & Merced High	Swim	Lessons	are	held	at	McNamara	Pool	ઢ	Merced	High
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SESS	ONS AND DATES	CLASS TYPE AND AGE		
Session 2: Session 3:	July 8 – July 18 July 22 – August 1 participant per session	Parent & Me Tiny Tots 1 Tiny Tots 2 Beginner Prep Stroke Technique	Ages 6 months to 3 years Ages 3-5 years Ages 4-6 years Ages 7-10 years Ages 8-12 years	

McNAMARA POOL

SESSIONS ARE HELD MONDAY - THURSDAY OF EACH WEEK MULTIPLE SESSION SIGN UPS ARE WELCOME

TIMES	CLASSES
10:00AM	TINY TOTS 1/ TINY TOTS 2 & BEGINNER PREP
10:30AM	TINY TOTS 1/ TINY TOTS 2 & BEGINNER PREP
11:00AM	TINY TOTS 1/ TINY TOTS 2 & BEGINNER PREP
11:30AM	TINY TOTS 1/ TINY TOTS 2/ STROKE TECH & BEGINNER PREP
12:00PM	TINY TOTS 1/ TINY TOTS 2/ PARENT & ME/ STROKE TECH & BEGINNER PREP
12:30PM	TINY TOTS 1/ TINY TOTS 2/ PARENT & ME/ STROKE TECH & BEGINNER PREP
1:00PM	TINY TOTS 1/ TINY TOTS 2/ PARENT & ME/ STROKE TECH & BEGINNER PREP
1:30PM	TINY TOTS 1/ TINY TOTS 2/ PARENT & ME/ STROKE TECH & BEGINNER PREP

MERCED HIGH SCHOOL

SESSIONS ARE HELD MONDAY - THURSDAY OF EACH WEEK MULTIPLE SESSION SIGN UPS ARE WELCOME

TIMES	CLASSES
4:00PM	TINY TOTS 1/ TINY TOTS 2/ PARENT & ME/ STROKE TECH & BEGINNER PREP
4:30PM	TINY TOTS 1/ TINY TOTS 2/ PARENT & ME/ STROKE TECH & BEGINNER PREP
5:00PM	TINY TOTS 1/ TINY TOTS 2/ PARENT & ME/ STROKE TECH & BEGINNER PREP
5:30PM	TINY TOTS 1/ TINY TOTS 2/ PARENT & ME/ STROKE TECH & BEGINNER PREP
6:00PM	TINY TOTS 1/ TINY TOTS 2/ PARENT & ME/ STROKE TECH & BEGINNER PREP
6:30PM	TINY TOTS 1/ TINY TOTS 2/ PARENT & ME/ STROKE TECH & BEGINNER PREP
7:00PM	TINY TOTS 1/ TINY TOTS 2/ PARENT & ME/ STROKE TECH & BEGINNER PREP

Register at the Office of Recreation located at 678 W. 18th St. 1:00 P.M. - 5:00 P.M. Monday - Friday (209) 385-6978 OR E-MAIL - CHAVEZJ@CITYOFMERCED.ORG

PARKS & COMMUNITY SERVICES DEPARTMENT

SWIM LESSON REGISTRATION DEADLINE

Use one form for each participant (photocopy if necessary)

Office Use On	ly
Receipt #	_
Date	_
Ву	

CHILD'S

NAME			Carles House, 20	
BIRTH DATE	:/ AGE	M	ALE(OR FEMALE
PARENT'S NAME				
TELEPHONE (H)	(W)		(CELL)	
ADDRESS			_	
CITY	ZIP CODE_			
	***Register for one or multiple sessi	ons. Please list all	3 class choices.	***
	Swim level co	ompleted last		
summer:				
Session #2 (July 8 – June 18)	Session #3 (July 22 – Aug. 1)			
1st choice:	1st choice:			
2nd choice:	2nd choice:			
3rd choice:	3rd choice:			
		J		
	WAIVER OF	FLIABILITY		
I, the undersigned, p	arent or guardian do hei	reby agree to	allow th	e individual(s) named
herein to participate	in the aforementioned a	ctivity and I	further a	gree to indemnify and
	ced Parks & Community		_	
_	ability for any injury or		•	•
	vidual(s) arising out of, o			
V	o agree that such partici	•		
	such image may be publi			
	s program. I understand	that no refu	inds will	be given unless the class
is cancelled.				
PARENT OR				
GUARDIAN NAME	SIGNAT	URE		DATE:
	TOTAL FEES PA	ID \$		
\$10 per participant pe	r session		2	

❖ Payment must be made by check or money order only, payable to CITY OF MERCED.

PARKS & COMMUNITY SERVICES DEPARTMENT
678 W. 18TH STREET
MERCED, CA 95340

Class Descriptions

Parent & Me: This course is designed to guide the parent and the child in water orientation through a variety of games, songs, and activities. Prior water experience is helpful, but not necessary. (Ages 6 months to 3 years)

Tiny Tots 1: (Prerequisite: Parent & Me Equivalent)
This course is designed to introduce swimming skills and enjoyment in the water for the child who has participated in Parent & Me or had no previous water experience. (Ages 3 to 5 years)

<u>Tiny Tots 2: (Prerequisite: Successful Completion of Tiny Tots 1)</u> This course is designed to further the swimming skills of the child who has successfully completed previous lessons, and enjoys the water. (Ages 4 to 6 years)

Beginner Prep: (Prerequisite: Successful Completion of tiny Tots 2) This course is designed to further expand their freestyle and backstroke skills, while introducing breaststroke and enhancing overall swimming ability. Note: child should be capable of swimming one lap of freestyle unassisted. (Ages 6 to 10 years)

Stroke Technique: (Prerequisite: Successful Completion of Beginner Prep) This course is designed to refine every element of swimming strokes, while developing endurance. Breakdown of arm and leg technique, breathing patterns, flip turns, for freestyle, backstroke. Note: This class is taught lengthwise in the pool. Children MUST be able to swim at least 2 lengths of the pool unassisted to remain in the class. (Ages 7 years and up)

2013 SWIM LESSON REMINDERS

THE FOLLOWING REMINDERS FOR YOU AND YOUR SWIMMER WILL HELP LESSONS RUN SMOOTHLY:

- ❖ SWIM LESSON SESSIONS RUN MON-THUR FOR TWO (2) WEEKS
- * STUDENTS MUST FURNISH: SWIM SUIT AND TOWELS (CHANGE OF CLOTHES IF DESIRED.) SWIMMING CAPS ARE OPTIONAL; HOWEVER, ALL HAIR MUST BE TIED BACK AND AWAY FROM FACE
- ❖ PLEASE DO NOT FEED CHILDREN 30 MINUTES PRIOR TO SWIM LESSON
- SWIM DIAPERS ARE NOT NECESSARY. IF THEY ARE WORN, A SUIT MUST BE WORN ALSO
- * PLEASE DO NOT BRING: NOSE CLIPS, CHEWING GUM, GLASS CONTAINERS, WATER SAFETY DEVICES, OR WATER TOYS TO CLASS
- ❖ ARRIVAL: CLASSES START PROMPTLY AT THE DESIGNATED TIME.
 PLEASE BE READY 5 MINUTES EARLY TO ENSURE FULL LESSON TIME.
- * DUE TO STUDENT/TEACHER RATIO, MAKE UPS FOR ABSENCES WILL NOT BE ALLOWED. REFUNDS REQUIRE A DOCTORS WRITTEN EXCUSE. IN THE EVENT OF POOL EQUIPMENT FAILURE OR ADVERSE WEATHER CONDITIONS, MAKE UP CLASSES WILL BE HELD ON FRIDAYS

THANK YOU IN ADVANCE FOR YOUR COOPERATION and SUPPORT!

CITY OF MERCED OFFICE OF RECREATION 678 W. 18TH ST. MERCED, CA 95340 (209) 385-6978