



### SWIM LESSON PROGRAM DESCRIPTION:

- The Othello Community Pool is an authorized provider of the American Red Cross Learn-to-Swim Program.
- All lessons are taught by American Red Cross certified Water Safety Instructors.
- The 30-minute lessons are completed over a two week period and are scheduled between the hours of 9:00 AM to 11:00 AM and 7:00 PM to 8:00 PM.
- Swim lesson course offerings include Parent and Child Aquatics, Pre-School Aquatics, as well as Learn-to-Swim levels 1-6.

### REGISTRATION INFORMATION:

- **To register previous swim lesson students:** Please present Red Cross Swimmer Card or proof of completion from a higher level and register the student for the next level.
- **To register new swim lesson students:** Using the class descriptions on the back page or the American Red Cross Swim Lessons Achievement Booklet, please assess each student's skills and register them for the corresponding class/level.
- **Testing:** Swimmers must present an American Red Cross Swimmer Card and/or proof of completion from a higher level or they will be tested on the first day of the session lessons.
- **Cost:** \$31 per student, per session
- **Class Level:** Determined on session testing day or based on presented American Red Cross Swimmer Card.
- **Scheduling Notes:** Evening swim lessons will be cancelled for the following swim meet dates: 6/20, 6/29 and 7/13. Please see instructors for re-scheduling information.

### SESSION DATES:

- Session #1: June 19, 2017-June 30, 2017  
Session #2: July 10, 2017-July 21, 2017  
Session #3: July 31, 2017-August 11, 2017  
Session #4: August 21, 2017-August 31, 2017

### CLASS TIMES AND LEVELS:

#### *Morning Swim Lessons*

- 9:00 AM–9:30 AM: Parent & Child, Pre-School 1, Pre-School 2  
9:30 AM–10:00 AM: Level 1, Level 2  
10:00 AM–11:30 AM: Level 3, Level 4  
10:30 AM–11:00 AM: Level 5, Level 6

#### *Evening Swim Lessons*

- 7:00 PM – 7:30 PM: Parent & Child, Pre-School 1, Pre-School 2  
7:30 PM – 8:00 PM: Level 1, Level 2, Level 3

### PARENT/GUARDIAN GUIDELINES:

- There will be swim lesson level testing on the first day of class for students that are new to the Red Cross Learn-to-Swim program or cannot present proof of completion from a higher level and register the student for the next level. Please plan for students to attend.
- Observe lessons from the grassy area beyond the pool deck and allow the instructor to teach the class. Parents are not permitted poolside during lessons unless they are involved in the Parent and Child program.
- Remove students from the lesson only if they are upset or disruptive.
- Talk to instructors before or after the class only.
- To assist in your student's success, please practice swimming skills between classes and/or during open swim hours.

# City of Othello

Othello Community Pool • 1135 East Pine Street • Othello, WA 99344 • (509) 488-4313 / (509) 331-2757



## Swim Lesson Registration Form

SWIM LESSON SESSION (CHECK ONE):	PRICE	SUBTOTAL
<input type="checkbox"/> SESSION #1: June 19, 2017-June 30, 2017	\$31	\$ _____
<input type="checkbox"/> SESSION #2: July 10, 2017-July 21, 2017	\$31	\$ _____
<input type="checkbox"/> SESSION #3: July 31, 2017-August 11, 2017	\$31	\$ _____
<input type="checkbox"/> SESSION #4: August 21, 2017-August 31, 2017	\$31	\$ _____
<b>BALANCE DUE</b> .....		\$ _____

SWIM LESSON LEVEL (PLEASE SELECT ONE):	TIME BLOCK REQUEST (PLEASE SELECT ONE):
<input type="checkbox"/> PARENT & CHILD	<input type="checkbox"/> 9:00 AM - 9:30 AM
<input type="checkbox"/> PRE - SCHOOL 1	<input type="checkbox"/> 9:00 AM - 9:30 AM
<input type="checkbox"/> PRE - SCHOOL 2	<input type="checkbox"/> 9:00 AM - 9:30 AM
<input type="checkbox"/> LEVEL 1	<input type="checkbox"/> 9:30 AM - 10:00 AM
<input type="checkbox"/> LEVEL 2	<input type="checkbox"/> 9:30 AM - 10:00 AM
<input type="checkbox"/> LEVEL 3	<input type="checkbox"/> 10:00 AM - 10:30 AM
<input type="checkbox"/> LEVEL 4	<input type="checkbox"/> 10:00 AM - 10:30 AM
<input type="checkbox"/> LEVEL 5	<input type="checkbox"/> 10:30 AM - 11:00 AM
<input type="checkbox"/> LEVEL 6	<input type="checkbox"/> 10:30 AM - 11:00 AM
	<input type="checkbox"/> 7:00 PM - 7:30 PM
	<input type="checkbox"/> 7:30 PM - 8:00 PM
	<input type="checkbox"/> 7:00 PM - 7:30 PM
	<input type="checkbox"/> 7:30 PM - 8:00 PM
	<input type="checkbox"/> 7:00 PM - 7:30 PM
	<input type="checkbox"/> 7:30 PM - 8:00 PM
	<input type="checkbox"/> 7:00 PM - 7:30 PM
	<input type="checkbox"/> 7:30 PM - 8:00 PM

### STUDENT INFORMATION

STUDENT NAME: \_\_\_\_\_  
LAST FIRST

DOB: \_\_\_\_\_ AGE: \_\_\_\_\_ GENDER (CIRCLE ONE): **F** **M**

EMERGENCY CONTACT NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

### PARENT/LEGAL GUARDIAN INFORMATION

PARENT/GUARDIAN NAME: \_\_\_\_\_ DATE: \_\_\_\_\_  
LAST FIRST

MAILING ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

### PARENT/LEGAL GUARDIAN ASSUMPTION OF RISK, WAIVER, AND RELEASE

I certify that I (we) am/are the parent(s) or legal guardian of the above listed child(ren)/participants(s) who desire(s) to be a participant in the City of Othello sponsored recreational activity of swim lessons at the Othello Community Pool. It is important to me(us) that this/these child(ren) be allowed to participate in this activity. I (we) understand there are special dangers and risks inherent in this activity, including but not limited to, the risk of serious physical injury, death or other harmful consequences which may arise directly or indirectly from the child(ren)'s participation in this activity. Being fully informed as to these risks and in consideration of the City's allowing my child(ren) to participate in this sponsored activity and/or use of City facilities I (we), on behalf of myself(ourselves) and on behalf of the above-named participant child(ren), assume all risk of injury, damage and harm to the child(ren) which may arise from the child(ren)'s participation in the activities or use of City facilities. I (we) further agree, individually and on behalf of the above-named child(ren), to release and hold harmless the City of Othello, its officials, employees and agents and agree to waive any right of recovery that I(we) may have to bring a claim or lawsuit for damages against them for any personal injury, death or other harmful consequences occurring to the above-named child or me arising out of the child(ren)'s voluntary participation in this activity. I (we) grant my (our) full and voluntary consent for the above-named child(ren) to participate in the activity described above. **I certify that the above listed information is true and accurate and agree with the conditions and charges as established.**

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PRINTED NAME: \_\_\_\_\_



The following Red-Cross water safety and Learn-to-Swim courses are offered throughout the Othello Community Pool season. Please review the below course summaries prior to class enrollment. In order to assist in the registration process, it is requested that all registrants (and/or their parents/guardians) retain all swim lesson registration records and lesson completion certificates.

### **PARENT AND CHILD AQUATICS (MOMMY AND ME)**

Helps develop swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on, and around the water. Parents and children participate in guided practice sessions that help kids learn elementary swimming skills, including water entry,

bubble blowing, front kicking, back floating, underwater exploration, and more. *Prerequisites:* No skill prerequisites. Parent or guardian must accompany each child into the water and participate in each class.

### **PRE-SCHOOL AQUATICS**

All levels of the pre-school program are designed to streamline the advancement between pre-school (ages 3-5) and the Learn-to-Swim program (ages 6 and up). The pre-school age group will be taught using techniques through us of games and toys, rather than direct instruction. Skills are age-appropriate, allowing students to achieve success on a regular basis.

#### ***Pre-School Aquatics 1***

Helps children become comfortable in the water and basic water safety such as entering and exiting the water. Students will learn to submerge his/her head and open their eyes under water to see objects, float, and glide on his/her stomach and back while being supported, and explore ways of changing position in the water using their arms and legs. *Prerequisites:* Child should have little to no in-water experience.

#### ***Pre-School Aquatics 2***

Builds on Level 1 and introduces fundamental skills such as kicking and floating. Students will learn to submerge their entire head under the water while learning breath control, float on his/her stomach and back unassisted, and move arms and legs in motions that will promote swimming on his/her own. *Prerequisites:* Child should feel comfortable in the water and not be afraid to get their face and head wet.

### **LEARN-TO-SWIM LEVELS 1-6**

The six learn-to-swim levels and the objectives for each level include:

#### ***Level 1 - Introduction to Water Skills***

Helps students begin to develop positive attitudes, good swimming habits, and safe practices in and around the water. *Prerequisites:* None. Participants start at about 6 years of age.

#### ***Level 2 - Fundamental Aquatic Skills***

Provides participants with fundamental skills, including learning how to float without support and to recover to a vertical position. *Prerequisites:* Valid American Red Cross Learn-to-Swim Level 1 certificate or successful demonstration of all certification requirements from Level 1.

#### ***Level 3 - Stroke Development***

Builds on the skills in Level 2 by providing additional guided practice in deeper water. Introduces students to strokes and teaches proper execution. *Prerequisites:* Valid American Red Cross Learn-to-Swim Level 2 certificate or successful demonstration of all certification requirements from Level 2.

#### ***Level 4 - Stroke Improvement***

Develops participants' confidence in the strokes learned in Level 3 and improves other aquatic skills. *Prerequisites:* Valid American Red Cross Learn-to-Swim Level 3 certificate or successful demonstration of all certification requirements from Level 3.

#### ***Level 5 - Stroke Refinement***

Provides further coordination and refinement of strokes. *Prerequisites:* Valid American Red Cross Learn-to-Swim Level 4 certificate or successful demonstration of all certification requirements from Level 4.

#### ***Level 6 - Swimming and Skill Proficiency***

Refines the strokes so students swim them with ease, efficiency, power, and smoothness over greater distances. Level 6 is designed with "menu" options. Each of these options focuses on preparing students to participate in more advanced courses, such as Water Safety Instructor and Lifeguard Training. These options include: Personal Water Safety, Fundamentals of Diving, and Fitness Swimming.

*Prerequisites:* Valid American Red Cross Learn-to-Swim Level 5 certificate or successful demonstration of all certification requirements from Level 5.