



SUN VALLEY POOL SWIM LESSON REGISTRATION FORM 2019

Sun Valley General Improvement District
5000 Sun Valley Blvd., Sun Valley, NV 89433
(775) 673-2220 Monday-Friday 8am-5pm

Pool Address:
115 West 6th Ave., Sun Valley, NV 89433
(775) 673-0754 Wednesday-Sunday 12pm-5pm

Registration begins May 1, 2019 - Cost: \$40.00/session. Spaces are limited, registration is accepted on a first-come, first-served basis. Please make checks or money orders payable to Sun Valley GID. Please complete this form (one for each participant) and return with full payment (for all sessions). Registration forms are accepted in person at the District office or at the pool at the hours indicated above. If you register by mail, please mail all to the District office.

Participant Name: _____ Age: _____

Parent/Guardian Name: _____ Phone: _____

Mailing Address: _____ City: _____ State: _____ Zip: _____

Allergies/Medical Conditions or Special Needs: _____

Authorization for Emergencies: Please list any person(s) to contact in the event of an emergency in addition to the parent/guardian listed above.

Name: _____ Phone: _____ Relationship: _____

Name: _____ Phone: _____ Relationship: _____

Please circle the session time and indicate the level you feel your child should be in (see back for description):

Youth Group Lessons

Tuesday – Friday

Session #1: June 11-21

10:00am-10:25am 10:30am-10:55am 5:15pm-5:40pm 5:45-pm-6:10pm Level: _____

Session #2: July 2-12

10:00am-10:25am 10:30am-10:55am 5:15pm-5:40pm 5:45-pm-6:10pm Level: _____

Session #3: July 23-Aug 2 **(Parent & Me class offered at 10:30 session only)*

10:00am-10:25am 10:30am-10:55am 5:15pm-5:40pm 5:45-pm-6:10pm Level: _____
**Parent and Me*

I, the undersigned parent or guardian, agree to hold the Sun Valley GID harmless from all suits, claims, demands or liability of any kind or character, arising out of and in conjunction with this program by Sun Valley GID. It is understood that this program involves an element of risk or danger of accidents or death and acknowledging this, I voluntarily assume all risks of injury to participant. I agree that my child or ward will adhere to all program rules. In case of accident or illness, the staff has my permission to secure medical attention as deemed necessary if unable to communicate with me immediately.

Parent/Guardian Signature: _____ Date: _____

OFFICE USE ONLY:

DATE PAID: _____ VIA CASH: _____ CHECK: _____ Credit: _____ ACCEPTED BY: _____

FILED IN BINDER BY: _____ DATE FILED: _____

Sun Valley Swim Lessons

We welcome you to another great summer at The Sun Valley Pool! This season we are putting great focus into providing you with an excellent swim lesson experience. To save valuable teaching time this year we are asking that you read the descriptions below and place your child in the appropriate level when signing up. Your child may still be moved at the instructor's recommendation, but this will give us a general knowledge of your child's skill level. Some classes may be combined or split into two separate classes due to participation level.

Tiny Tots:

This level is for children who are between the ages 3-5, willing to enter the water without a parent, listen to the instructor, and walk in water. Water adjustment, swimming simulations, and fun activities are emphasized to gain comfort for children while in the water. (Toddler Pool)

Level 1:

Children must be at least 5 years old, willing to enter the water without a parent, able to listen to the instructor, and walk in water at a depth of 3 ft. This level develops comfort in the water with skill assistance from an instructor. (Main Pool / Shallow Water)

Level 2:

Children must be comfortable in water and be able to walk in water at a depth of 3 ft. This level teaches children to be more independent while developing swimming skills. (Main Pool / Shallow Water)

Level 3:

Children must be able to step into chest deep water, float on front and back, and swim 5 yards in shallow water with combined arm and leg motion. This level builds confidence and develops coordination of swimming strokes. (Main Pool / Shallow and Deep Water)

Level 4:

Children must be able to jump into chest deep water, swim front and back crawl with breathing for 15 yards, and tread or float for 30 seconds. This level builds confidence while refining the swimmers' stroke technique. (Main Pool / Shallow and Deep Water)

Level 5:

Children must be able to jump/dive into deep water, swim front and back crawl for 25 yards, swim elementary backstroke and breast stroke for 15 yards, and be able to tread in deep water for 1 minute. This level improves swimmer endurance and refines swimming technique of traditional strokes. (Main Pool / Deep Water)

Level 6:

Children must be able to shallow dive into deep water, swim front and back crawl for 50 yards, swim elementary backstroke and breast stroke for 25 yards, and be able to tread water for 2 minutes in deep water. This level refines all 6 strokes so a swimmer may swim with ease, efficiency, and power over greater distances. (Main Pool / Deep Water)

*** Parent & Me Lesson: (Only offered during Session #3 at 10:30am)**

This lesson is offered for children who are under the age of three and their parent/guardian. This lesson builds confidence and develops swimming habits needed for recreational swimming. (Main Pool / Toddler Pool)