

SUN VALLEY POOL SWIM LESSON REGISTRATION FORM 2015



Sun Valley General Improvement District
 5000 Sun Valley Blvd., Sun Valley, NV 89433
 Registration & Information: Phone: (775) 673-2220

Registration & Payment Info. (Please follow directions carefully to ensure your child's spot in the program):

Cost: \$40.00/session. Please make checks or money orders payable to Sun Valley GID. Spaces are limited, registration is accepted on a first-come, first-served basis.

Registration: Begins May 1, 2015. When utilizing mail-in registration, please send completed registration form along with full payment (for all sessions) to the address listed at the top of the form. Walk-in registration will be accepted at the following locations: 115 West 6th Ave., Sun Valley, NV (Pool) and 5000 Sun Valley Blvd., Sun Valley, NV (District office) during regular business hours.

Participant Name: _____ Age: _____

Parent/Guardian Name: _____

Mailing Address: _____ City/State: _____ Zip Code: _____

Daytime Phone: _____ Evening Phone: _____ Cell Phone: _____

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	Relationship to participant	Phone Number

Sign up for as many sessions as you wish. Please circle the appropriate session, time, and indicate level:

Youth Group Lessons
Wednesday– Saturday

Sessions

#1 June 17-27	#2 July 8-18	#3 July 29– Aug 8
9:45am-10:15am	9:45am-10:15am	9:45am-10:15am
10:30am-11:00am	10:30am-11:00am	10:30am-11:00am
5:30pm-6:00pm	5:30pm-6:00pm	5:30pm-6:00pm

Level: _____

Adult Lessons
Monday-Friday

July 20-24
6:00pm-7:00pm

AGES 13+
(pending enough participants)

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 medial attention as deemed necessary if unable to communicate with me immediately.

Parent/Guardian Signature _____ **Date:** _____

OFFICE USE ONLY:

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



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 3ft. 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 3ft. 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)

Adult Lesson:

This lesson is offered for adults who are 13 and older looking to become comfortable in shallow and deep water. This lesson builds confidence and develops swimming skills needed for recreational swimming. (Main Pool / Shallow and Deep Water)