

**Penguin Swim Lessons  
Registration  
Summer 2009  
Please Print Clearly**

Swimmers  
Name \_\_\_\_\_  
Parents Name \_\_\_\_\_  
Age \_\_\_ Date of Birth \_\_\_\_\_  
Phone# \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_ Zip \_\_\_\_\_  
E-Mail \_\_\_\_\_

**Does your swimmer have Medical Limitations?**

Yes \_\_\_ No \_\_\_  
If yes please check any that apply;  
Epilepsy \_\_\_ Asthma \_\_\_ Heart \_\_\_ Ear \_\_\_  
ADD \_\_\_  
Other \_\_\_  
Please explain \_\_\_\_\_  
\_\_\_\_\_

**This is not a special needs program**

Afternoon \_\_\_ Morning \_\_\_  
Session# \_\_\_  
First Time Choice \_\_\_\_\_  
Second Time Choice \_\_\_\_\_  
Class Level of  
Swimmer \_\_\_\_\_

I agree to indemnify and hold the Penguin Swim Team harmless against responsibility for insurance coverage. By signing this statement, I agree to accept responsibility for all medical costs incurred by the above named swimmer while participating in the swim lesson program

\_\_\_\_\_  
**Signature of Parent/Guardian      Date**

**Why the Penguin Swim Lessons  
Will Benefit Your Child**

The Penguin swim team continues to be well known for its outstanding swim lesson program.

The program emphasizes comfort and safety in the water above all else. This means smaller class size, three swimmers per class in the beginner groups. There is consistent discussion of basic water safety rules and active individual attention to every swimmer.

The program consists of three two week sessions (M-F). Lessons are 30 minutes long each day. Emphasize on learning new technique and improving already learned skills is conveyed daily.

Parent Day is the last Friday of lessons. Parents are encouraged but not required to participate. An award with your child's progress is given on the last day of the session

**Class Levels and Description**

**STARFISH (Parent Tot)**

- Teach parents how to work with their child in the water
- Assist in helping child become comfortable in the water
- Teach child how to climb into and out of the pool safely
- Teach basic water safety skills

**This class is offered only one time a day as follows...**

**Session 1-2 @ NU High School-2:00pm  
Session 3 @ NU High School-11:30am**

**SEA TURTLES**

- Basic Water Safety
- Safe water entry and exit
- Front and back float with help
- Basic arm movement
- Kicking with help (proper technique stressed)
- Comfort in and around water
- Submersion (if swimmer is ready)

**OTTERS**

- Water safety
- Submersion and retrieving submerged objects
- Unsupported front and back float
- Over water arm movement front and back
- Kicking unsupported
- Elementary combined stroke
- Breathing techniques
- Treading water
- Jumping into the water with assistance

**DOLPHINS**

- Water safety
- Jumping in and returning to the side
- Unassisted front and back glide
- Refined combined crawl and back stroke
- Introduction of side breathing
- Introduction of breast stroke
- Treading water

## KILLER WHALES

- Safety
- Side Breathing
- Advanced crawl and backstroke
- Diving
- Underwater swimming
- Basic turns
- Work toward swimming 25 yards.
- Introduction of butterfly

**SHARKS** (This class is offered but not limited to recreation league swimmers.)

- Safety
- Advanced crawl, back , breast and butterfly stroke (refining)
- Diving for starting blocks
- Open and flip turning
- Preparation and improving all technique for competitive swimming.

### **CLASS DATES**

	<b><u>COST</u></b>
<b>Session 1</b> June 15-26	65.00
<b>Session 2</b> June 29-July 10 (no class on the 4 <sup>th</sup> )	60.00
<b>Session 3</b> July 13-24	65.00

### **CLASS TIMES**

**Mornings at Memorial Park Pool**

**Sessions 1 and 2 only**

(9:25-9:55) (10:05-10:35) (10:45-11:15)

**Afternoons at NU High School**

**Sessions 1, 2, 3**

(12:15-12:45) (12:50-1:20)

(1:25-1:55) (2:35-3:05) (3:10-3:40)

**Mornings at NU high School**

**Session 3 only**

(9:25-9:55) (10:05-10:35) (10:45-11:15)

## Mail in Registration

**Send completed registration form and payment to;**

**Penguin Swim Lessons  
PO Box 1592  
Penn Valley CA, 95946**

**Please know you will not get a confirmation call. Take note of the dates you registered for. We will call you only if we can not honor you first time and date choice.**

After Lessons begin (June 15) we will accept walk-in registration. Please come to the pool deck during lesson times and days.

**For More Information Call;  
268-4567**

# Swim Lessons

**Memorial Park Pool  
Nevada union high School**

## Summer 2009

*Sponsored By  
Penguin Swim Team*