

QUALCOMM SPORTS, FITNESS & AQUATICS COMPLEX

Group Swim Lessons

CLASS DESCRIPTIONS

Please indicate student level and time below.



PRESCHOOL*, AGES **3-5 Class Size Ratio 3:1 • Min. 2 Students Per Class

Seahorse - Level 1

Intro to Swim - Teaches water safety, blowing bubbles, assisted front and back floating and explores arm and leg movements. *(Prerequisite: child is able to participate unaccompanied by a parent.)*

Starfish - Level 2

Improve coordination of arm and leg movements, unassisted front and back floating and rolling from front to back, breath control. *(Prerequisite: Level 1 skills and beginning independence in water.)*

Sea Turtles - Level 3

Swimmer should have confidence in floating and basic breath control. Swimmer will achieve basic water competency

* Children may be picked up from Nierman Preschool and taken to swim lessons (\$20 per month fee, see reverse).

**All children 3 years and under are required to wear plastic swim pants regardless if they are potty trained.

Monday / Wednesday

- 1:30-2:00 Seahorse
- 2:00-2:30 Starfish
- 2:30-3:00 Sea Turtles,
- 3:00-3:30 Starfish, Sea Turtles
- 5:45-6:15 Seahorse

Tuesday / Thursday

- 2:00-2:30 Seahorse
- 2:30-3:00 Starfish
- 5:45-6:15 Starfish

YOUTH, AGES 5-10 Class Size Ratio 4:1 • Min. 2 Students Per Class

Sand Crab - Level 1

For the complete beginner! Teaches water safety, breath control, bobbing, floating, gliding and kicking.

Jellyfish - Level 2

For the beginner swimmer that is comfortable around the water. Participant will improve coordination of arm and leg movements, unassisted front and back floating and rolling from front to back, breath control.

Sea Otter - Level 3

Swimmers should have confidence in floating and basic breath control. Swimmer will achieve basic water competency.

Dolphin - Level 4

This class is for swimmers that have a base performing freestyle. Swimmers will improve their proficiency in all four strokes.

Swordfish - Level 5/6

Participants should have basic proficiency in all four strokes. This class will refine participant's strokes to improve efficiency.

Monday / Wednesday

- 3:00-3:30 Sand Crab
- 3:30-4:00 Sea Otter, Dolphin
- 4:00-4:30 Dolphin
- 4:30-5:00 Sea Otter, Swordfish
- 5:15-5:45 Jellyfish, Dolphin
- 5:45-6:15 Swordfish, Sand Crab

Tuesday / Thursday

- 3:00-3:30 Jellyfish
- 3:30-4:00 Sea Otter, Dolphin
- 4:00-4:30 Dolphin, Swordfish
- 4:30-5:00 Jellyfish, Sea Otter
- 5:15-5:45 Sand Crab, Dolphin
- 5:45-6:15 Jellyfish
- 6:15- 6:45 Dolphin

PRE-TEEN/TEEN, AGES 11-15 Class Size Ratio 5:1 • Min. 2 Students Per Class

Piranha's

This class is for beginning to intermediate swimmers who want to improve their water confidence with a group of peers. The focus will be on stroke development, stroke technique, and water safety.

Tuesday / Thursday

- 6:15-6:45 Piranha

ADULT, AGES 16 & UP Class Size Ratio 5:1 • Min. 2 Students Per Class

Adult Lessons the Basics: Ages 16 & up

Help participants gain basic aquatic skills and swimming strokes. Participants should have none to limited swim experience.

Monday / Wednesday

- 6:15-6:45
- 6:45-7:15

Tuesday / Thursday

- 6:45-7:15



GROUP LESSON FEE: \$108/month • JCC Members \$90/month

Application continues on reverse side.



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Group Swim Lessons Registration

Swim Lesson Policies and Procedures:

- Swim Lessons are scheduled on a monthly basis. Registered participants have the same time slot for the whole session.
- Payment for swim lessons must be made at the time of registration. If payment is not received, Aquatics Management has the right to fill the spot with another swim student.
- There must be at least two participants per session to start a class.
- All JCC corporate members must have a membership packet completely filled out and a copy of their corporate badge on the day of registration.
- There are no make-up lessons. Lessons are held rain or shine. In the event of a pool closure, Management will contact you to arrange a credit.
- In the case of a class cancellation by the aquatics facility, Aquatics Management will contact you to arrange a credit.
- Swim sessions **MUST** be cancelled 72 hours prior to the beginning of the swim session month. If a swim session is cancelled with less than 72 hours notice, there will be a cancellation fee of \$40. The JCC does not issue refunds, credit or make up lessons.

I have read, and understand, the policies and procedures for swim lesson registration.

Signature _____ Date _____

SWIM STUDENT INFORMATION

Date _____ Student Name _____		<input type="checkbox"/> Youth	<input type="checkbox"/> Adult	Age _____
If Adult: Home Phone _____		Cell Phone _____		
If Adult: E-mail _____		JCC Member? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Corporate Member?		
Current Swim Level _____		Desired Goal? _____		

PARENT/GUARDIAN INFORMATION

Parent Name (1)		Parent Name (2)	
Phone (H) _____	Phone (W or C) _____	Phone (H) _____	Phone (W or C) _____
Address _____		Address _____	
City _____	Zip _____	City _____	Zip _____
Home Phone _____	Cell Phone _____	Home Phone _____	Cell Phone _____
E-mail _____		E-mail _____	
JCC Member? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Corporate Member?		Would you like membership information? <input type="checkbox"/> Yes <input type="checkbox"/> No	

Swimmer's Special Consideration: _____

My child needs to be picked up at Nierman Preschool (\$20/8 Lessons) Room No. & Teacher _____

Waiver: Participation in any activity and use of any recreational facility involves a risk of accidental injury despite all safety precautions. Having been informed of the activities to be conducted by the Lawrence Family Jewish Community Center, JACOBS FAMILY CAMPUS, I/we as an individual or as a parent or guardian of the participants named herein, assume all risk and hazards incidental to the activity, and release from responsibility and agree to indemnify and hold harmless the JCC, it's officers, directors, independent contractors, volunteers and all employees for any illness or injury to me or my children or family members occurring during his/her/our participation in any activity or use of a recreational facility at or conducted by the JCC.

I give my permission to the JCC to use my name, family members' names and photographs in brochures, newspapers, broadcasts, telecasts, the JCC website and any other form of communication. Yes No

Parent's / Students Signature _____

Emergency Contact _____ Relation _____ Phone _____

PAYMENT INFORMATION

Amount Enclosed \$ _____ Payment Method: Check Visa MasterCard Discover

Name (as it appears on card) _____ Phone # _____

Card # _____ Exp. _____ Zip Code _____

Card Verification Number/Code (CVN) _____



The verification number/code is a 3-digit number printed on the back of your card. It appears after and to the right of your card number.

Signature _____ Date _____