

# SWIM LESSONS AT WOODCROFT



Please register according to the guidelines described below. If you feel that your child may be an exception to the class requirements or are unsure of your child's level, please contact the Aquatics Director:

**Millie Volpitto**

**919.489.7705**

**aquatics@woodcroftclub.org**

## CLASS LEVELS



**Level 1 (Starfish):** Water exploration begins here! This level is for children who are ready to learn basic swimming skills in a group setting. We will be practicing flutter kicks, blowing bubbles, assisted floating, and basic arm motions. The main goal for this group is to break down the barriers of swim related apprehension and develop a knowledge of water safety. By the end of this session swimmers should be able to kick, float with assistance, and be comfortable with submerging ears, mouth, nose, and face into the water for any brief amount of time while blowing bubbles.



**Level 2 (Jellyfish):** Children at this level will explore deeper into floating skills and making forward progress in the water. New skills such as gliding, rotary arm movement, breath holding, and bobbing will be introduced during this session. The end goal for this group will be to perform a survival float, any amount of unassisted forward progress, and the ability to roll from a front to back float and vice-versa with assistance.

*\*Children should already be comfortable in the water and able to submerge their head for any amount of time*



**Level 3 (Fish):** Instructors will be honing in on technique for freestyle and backstroke skills as well as introducing new skills like a kneeling dive in deep water. The goal for this group is to leave with the ability to swim freestyle and backstroke past the flags to an instructor, tread water for at least 15 seconds, and lay ground work for rotary breathing.

*\*Children should be comfortable with the idea of unassisted floating before entering this class*



**Level 4 (Flying Fish):** Hold your breath, you're almost at the top of your game! At this level, we will be perfecting our technique with freestyle, backstroke, rotary breathing, and streamlines. Up to this point, breaststroke has not been a main focus due to its level of technical difficulty. However, in this group we learn the fundamentals of breaststroke by breaking down both the kick and pull. By the end of the session, swimmers should be able to swim freestyle and backstroke 15 yards, tread water for 30 seconds, and perform a standing dive in deep water.

*\*Children should have basic freestyle and backstroke skills already in place upon entering this group*

**\*Please note: Due to unpredictable changes in the swimmer's skill level, placement in classes may need to be adjusted after you have already registered for multiple sessions. If you have registered for more than one session at a time, you **MUST** confirm level and time of consecutive session at least **4 DAYS PRIOR** to session start date to ensure the swimmer is in the right level.\***



# WOODCROFT CLUB

1203 West Woodcroft Pkwy \* Durham, NC 27713 \* 919.489.7705 \* www.woodcroftclub.org

## 2021 GROUP SWIM LESSON REGISTRATION FORM

### SWIM LESSON POLICIES & RULES

- **No refunds or money transfers will be given after classes have begun.** Refunds will only be given if the Club cancels a class for non-weather related reasons. If swimmers are unable to attend a class or refuse to enter the water, refunds will not be given.
- For everyone's protection, the pool will close during a thunder or lightning storm. The pool will re-open thirty minutes after the last occurrence of thunder or lightning. **If classes are not able to be made up on Fridays due to inclement weather, there will be no refunds or credits on classes cancelled due to ANY type of inclement weather.** If the weather is questionable, please do not assume a class is cancelled due to rain. Please call the office to confirm.
- **A minimum of 3 children is required for a class to be held.** The Club will contact all participants if the class is cancelled to allow you to sign up for private lessons or another session. If the class you wish to take is full, you will be placed on a waiting list and contacted if space becomes available.
- Children not potty trained or under the age of 3 **MUST** follow our double diaper policy.
- Participation in any group activity carries with it the possibility of viral transmission regardless of the safety measures taken. By signing this form you agree to these risks for your swimmer and family.
- **Non-members must sign IN no more than 5 minutes before class time & OUT within 10 minutes of the end of class at the check-in desk. Payment covers non-member child swim lesson ONLY. Please contact the office if you are interested in purchasing a swim pass for parents and siblings during the registered session only.**

I have read and understand the Policies & Rules pertaining to the swim lessons at the Woodcroft Club.

Parent Signature: \_\_\_\_\_

**MEMBERS: \$ 80/SESSION    NON-MEMBERS: \$ 100/SESSION**

A \$15 Cancellation/Change Fee will be charged for any class cancellation or changes within a WEEK of the class' start.

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Parent(s) Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Member?    Yes \_\_\_\_\_    No \_\_\_\_\_    E-mail Address: \_\_\_\_\_

Method of Payment: Visa    MC    Cash    Check    COF

Visa or MC # \_\_\_\_\_ Exp. \_\_\_\_\_ Signature: \_\_\_\_\_

Please CHECK which session you prefer:

- |   |   |
|---|---|
| <input type="checkbox"/> Session 1: June 7 <sup>th</sup> - June 17 <sup>th</sup>  | <input type="checkbox"/> Session 6: July 12 <sup>th</sup> - July 22 <sup>nd</sup>     |
| <input type="checkbox"/> Session 2: June 14 <sup>th</sup> - June 24 <sup>th</sup> | <input type="checkbox"/> Session 7: July 19 <sup>th</sup> - July 29 <sup>th</sup>     |
| <input type="checkbox"/> Session 3: June 21 <sup>st</sup> - July 1 <sup>st</sup>  | <input type="checkbox"/> Session 8: July 26 <sup>th</sup> - August 5 <sup>th</sup>    |
| <input type="checkbox"/> Session 4: June 28 <sup>th</sup> - July 8 <sup>th</sup>  | <input type="checkbox"/> Session 9: August 2 <sup>nd</sup> - August 12 <sup>th</sup>  |
| <input type="checkbox"/> Session 5: July 5 <sup>th</sup> - July 15 <sup>th</sup>  | <input type="checkbox"/> Session 10: August 9 <sup>th</sup> - August 19 <sup>th</sup> |

\* Sessions run Monday, Tuesday, Wednesday and Thursday with make up classes on Friday. **Initials** \_\_\_\_\_

Please CHECK which level and time you prefer (CHOOSE ONE):

	<u>AM</u>		<u>PM</u>	
<b>Level 1</b>	<input type="checkbox"/> 9:00-9:30 am	<input type="checkbox"/> 9:30-10:00am	<input type="checkbox"/> 5:00-5:30pm	<input type="checkbox"/> 6:00-6:30pm
<b>Level 2</b>	<input type="checkbox"/> 9:00-9:30 am	<input type="checkbox"/> 9:30-10:00am	<input type="checkbox"/> 5:00-5:30pm	<input type="checkbox"/> 6:00-6:30pm
<b>Level 3</b>		<input type="checkbox"/> 10:00-10:30am	<input type="checkbox"/> 5:30-6:00pm	<input type="checkbox"/> 6:30-7:00pm
<b>Level 4</b>		<input type="checkbox"/> 10:00-10:30am	<input type="checkbox"/> 5:30-6:00pm	<input type="checkbox"/> 6:30-7:00pm

For office use only: Date Received \_\_\_\_\_ Amount \_\_\_\_\_ How Paid: Cash    Check \_\_\_\_\_    CC    Staff Initials: \_\_\_\_\_