

## Swim & Dive - 2018 Lesson Registration Form

Last Name: \_\_\_\_\_ Age: \_\_\_\_\_ Membership #: \_\_\_\_\_ Phone: \_\_\_\_\_ Text? Y N

*Insert Child's name(s) below*

| Session Dates                                                       | Session 1: 6/4-6/15                                                      | Session 2: 6/18-6/29                                                       | Session 3: 7/16-7/27                                                       | <b><u>TOTAL</u></b><br><br>Member Cost:<br>\$30 per child<br>per session |
|---------------------------------------------------------------------|--------------------------------------------------------------------------|----------------------------------------------------------------------------|----------------------------------------------------------------------------|--------------------------------------------------------------------------|
|                                                                     | <input type="checkbox"/> June 4-8<br><input type="checkbox"/> June 11-15 | <input type="checkbox"/> June 18-22<br><input type="checkbox"/> June 25-29 | <input type="checkbox"/> July 16-20<br><input type="checkbox"/> July 23-27 |                                                                          |
| <b>Registration Deadline:</b>                                       | Due: 5/30                                                                | Due: 6/12                                                                  | Due: 7/10                                                                  |                                                                          |
| <b>SWIM: M-F 10-10:30am - Ages 6+</b>                               |                                                                          |                                                                            |                                                                            |                                                                          |
| Risso Dolphins                                                      |                                                                          |                                                                            |                                                                            |                                                                          |
| Fraser Dolphins                                                     |                                                                          |                                                                            |                                                                            |                                                                          |
| <b>SWIM: M-F 10:30-11am - Ages 4 and 5</b>                          |                                                                          |                                                                            |                                                                            |                                                                          |
| Snub-fin Dolphins                                                   |                                                                          |                                                                            |                                                                            |                                                                          |
| <b>SWIM: M-F 11-11:30am - Ages 6+</b>                               |                                                                          |                                                                            |                                                                            |                                                                          |
| Spotted Dolphins                                                    |                                                                          |                                                                            |                                                                            |                                                                          |
| Striped Dolphins                                                    |                                                                          |                                                                            |                                                                            |                                                                          |
| Spinner Dolphins                                                    |                                                                          |                                                                            |                                                                            |                                                                          |
| Dusky Dolphins                                                      |                                                                          |                                                                            |                                                                            |                                                                          |
| <b>SWIM: M-F 11:30am - 12pm - Ages 6+</b>                           |                                                                          |                                                                            |                                                                            |                                                                          |
| Spotted Dolphins                                                    |                                                                          |                                                                            |                                                                            |                                                                          |
| Striped Dolphins                                                    |                                                                          |                                                                            |                                                                            |                                                                          |
| Spinner Dolphins                                                    |                                                                          |                                                                            |                                                                            |                                                                          |
| Dusky Dolphins                                                      |                                                                          |                                                                            |                                                                            |                                                                          |
| <b>SWIM: M-F 12-12:30pm - 3 yr old Accompanied by adult</b>         |                                                                          |                                                                            |                                                                            |                                                                          |
| Bottle-nose Dolphins                                                |                                                                          |                                                                            |                                                                            |                                                                          |
| <b>DIVE: M-F 12-12:30pm - Ages 6+ and comfortable in deep water</b> |                                                                          |                                                                            |                                                                            |                                                                          |
| All Levels                                                          |                                                                          |                                                                            |                                                                            |                                                                          |

### Payment Information

#Sessions \_\_\_\_\_ x \$30 Per Member \_\_\_\_\_ = Total Due \_\_\_\_\_

Office Use Only - Payment Information: Date: \_\_\_\_\_ Pd by **Check** or **Cash** Received By: \_\_\_\_\_

## **2018 Dolphin Swim Lesson Program**

**Our Goals:** To instruct swim lesson participants in the fundamentals of swimming and water safety. With this goal in mind, we are hoping that the participants will develop solid life-long swimming skills and the understanding of personal water safety. It is also the hope of this program that some will go on and find “their aquatic activity” as a stepping stone from this program: competitive swimming, synchronized swimming, water polo, canoeing, paddle boarding, etc.

### **Bottle-nose Dolphin - 3 years of age accompanied with an adult**

**Skills Goals:**

1. Comfort in and around the water
2. Floating in the prone and supine positions with assistance if needed
3. Blowing Bubbles
4. Submerging
5. Rudimentary swim strokes ie. kicking, paddling

**Safety Goals:**

1. Entering into the water after permission is granted by the attending adult
2. Entering the water via the steps, ladder, and edge
3. Learning to grasp the wall and pull themselves to the wall
4. Learning to safely exit the pool via the steps, ladder, edge after directed
5. Learning to jump in safely
6. Working with the parents on general safety in and around water

### **Snub-fin Dolphin - 4 - 5 year olds**

**Skills Goals:**

1. Comfort in and around the water
2. Floating independently in both supine and prone positions for 10 seconds
3. Blowing Bubbles through nose and mouth with their face in the water
4. Submerging themselves completely
5. Bobbing - fully submerging and blowing bubbles 10x
6. Rolling from supine to prone and from prone to supine positions
7. Improved kicking and paddling skills
8. Introduction of treading skills

**Safety Goals:**

1. Enter pool safely via the steps, ladder, and pool edge when permitted
2. Exiting the pool safely via the steps, ladder, and from the pool edge
3. Understanding how to call for help

### **Spotted Dolphin - ages 6 and up**

**Skills:**

1. Prone Floats for 8 seconds
2. Supine Floats for 15 seconds
3. Rolling over from supine to prone and back
4. Bobbing with bubbles
5. Rotary Breathing
6. Front Crawl - arms, legs 15 meters
7. Elementary Backstroke - arms & legs 15m
8. Treading

**Safety:** Basic understanding of the pool rules, Basic understanding of personal safety rules

### **Striped Dolphin - ages 6 and up**

**Skills:**

1. Continuation of Spotted Dolphin Skills
2. Supine Float 30 seconds
3. Front Crawl with Rotary Breathing 15 meters
4. Elementary Backstroke with the glide 15m
5. Breaststroke 15 meters
6. Treading for 30 seconds
7. Kneeling Dive

**Safety:** Increased understanding of the pool rules, Increased understanding of personal safety rules

### **Spinner Dolphin - ages 6 and up**

**Skills:**

1. Continuation of Spotted Skills
2. Supine Float for 1 minute
3. Front Crawl w/ Rotary Breathing 25m
4. Elementary Backstroke w/ the glide 25m
5. Breaststroke with a glide 15m
6. Back Crawl 15m
7. Treading 1 minute
8. Standing Dive

**Safety:** Continuation of Spotted Safety Skills

### **Dusky Dolphin - ages 6 and up**

**Skills:**

1. Continuation of Spinner Skills
2. Supine Float 3 minutes
3. Survival Float 1 minute
4. Front Crawl with Rotary Breathing 50m
5. Elementary Backstroke w/ the glide 50m
6. Breaststroke w/ the glide 25m
7. Back Crawl 25 meters
8. Sidestroke 15 meters
9. Butterfly meters
10. Treading 3 minutes

**Safety:** Continuation of the Spinner Safety Skills

### **Risso Dolphin - ages 6 and up**

**Skills Goals:**

1. Continuation of Dusky Skills
2. Supine Float 5 minutes
3. Survival Swim 25 meters
4. Front Crawl with Rotary Breathing 100m
5. Elementary Backstroke 100m
6. Breaststroke with the glide 50m
7. Back Crawl 25 meters
8. Sidestroke 25 meters
9. Butterfly 25 meters
10. Treading 5 minutes

**Safety Goal:** Continuation of Dusky Safety

### **Fraser Dolphin - ages 6 and up**

**Skills Goals:**

1. Refined swimming strokes with 5 minute swim
2. Personal Water Safety
3. Discussion and Understanding of other Aquatic Activities

**Safety Goals:** Swimming and floating clothed, Using clothing for flotation, Understanding the different safety concerns of Aquatic Activities