

Swim & Dive - 2020 Lesson Registration Form

Last Name: _____ Age: _____ Membership #: _____ Phone: _____ Text? Y N

Insert Child's name(s) below

Session Dates	Session 1: 6/1-6/12	Session 2: 6/15-6/26	Session 3: 7/13-7/24	<u>TOTAL</u> Member Cost: \$30 per child per session
	<input type="checkbox"/> June 1-5 <input type="checkbox"/> June 8-12	<input type="checkbox"/> June 15-19 <input type="checkbox"/> June 21-26	<input type="checkbox"/> July 13-17 <input type="checkbox"/> July 20-24	
Registration Deadline:	Due: 5/28	Due: 6/10	Due: 7/8	
SWIM: M-F 10-10:30am - Ages 6+				
Risso Dolphins				
Fraser Dolphins				
SWIM: M-F 10:30-11am - Ages 4 and 5				
Snub-fin Dolphins				
SWIM: M-F 11-11:30am - Ages 6+				
Spotted Dolphins				
Striped Dolphins				
Spinner Dolphins				
Dusky Dolphins				
SWIM: M-F 11:30am - 12pm - Ages 6+				
Spotted Dolphins				
Striped Dolphins				
Spinner Dolphins				
Dusky Dolphins				
SWIM: M-F 12-12:30pm - 3 yr old Accompanied by adult				
Bottle-nose Dolphins				
DIVE: M-F 12-12:30pm - Ages 6+ and comfortable in deep water				
All Levels	Dive only Session #2		Dive only Session #2	

Payment Information

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

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

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