

West Coast Aquatics

Fish Swim!

Youth Swim Lessons Winter-Spring 2010



West Coast Family Aquatic's **Fish Swim!** lesson program provides a fun atmosphere that motivates children to learn new water skills and water safety. Our lessons led by trained, friendly, and enthusiastic instructors offers a clear skill progression that allows swimmers to progress proficiently and quickly. Instructors will use games and drills to practice the same skills until the student becomes more comfortable and proficient. We strive to provide a positive, happy and safe experience for all swimmers.

Fish Swim! lessons are offered year-round with an emphasis on logical skill progression, water safety awareness and the opportunity to perfect individual techniques. With six program levels we are sure to have a class that is just right for your swimmer.

Fish Swim! Lessons are offered at convenient times on weekdays and weekends. All classes are 30 minutes and have a maximum student to instructor ratio of 5:1.

Parents are encouraged to watch from the viewing area. Fish Swim! classes are not designed for parents to be in the water with their swimmer. Our policy is not to allow any parent or adult other than instructors to be in the water during group swim lessons.

Cost Per Session: \$75.00

Fish Swim! Levels of Instruction

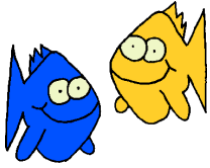
- Tadpole** Safety, 5 relaxed bobs with mouth bubbles, front and back float with assistance, retrieve object from underwater with support, jump in and return to wall with assistance, intro to crawl stroke arms
- Minnows** Safety, 10 relaxed bobs with mouth bubbles, front & back glide and float without assistance, crawl stroke 3 ft, intro to backstroke, jump in and return to wall without assistance, intro to side breathing, retrieve object in shallow water without support
- Guppies** Safety, 10 relaxed side breaths with bubbles on wall, front and back streamline 10ft, crawl stroke with side breathing and backstroke 10 ft, side glide with side breathing 10 ft, elementary backstroke kick, deep water exposure
- Trout** 15 relaxed rhythmic head bobs, changing positions and direction, crawl stroke with bilateral breathing & backstroke 15 yards, breaststroke kick, retrieve object from 5 foot depth, intro to dolphin body motion, sitting dive, jump in and return to wall without assistance – deep water.
- Salmon** Deep water rhythmic head bobs, crawl stroke with bilateral side breathing and backstroke 25 yards. breaststroke kick in streamline with breathing 20 yards, dolphin kick front & back 25 yards, in water somersaults, kneeling dive, treading water
- Sharks** Crawl stroke and backstroke 50 yards, breaststroke 25 yards, butterfly 15 yards, intro to the individual medley long shallow dives, sculling on front and back 25 yards
- Pre-Competitive**
200 yards, crawl stroke and backstroke, 50 yards breaststroke, 400 yards non-stop swimming, 25 yards butterfly, 100 yard individual medley, racing dives and turns. See Pre-Competitive Registration form for more information.

15622 Country Club Drive • Mill Creek, WA 98012
425.379.8806 www.westcoastaquatics.us

Fish Swim! Youth Swim Lesson Registration

Winter-Spring Session 2010

Registration Starts November 1, 2009



Session 1 January 4 - February 7

Session 2 February 8 - March 14

Session 3 March 15 - April 11

Session 4 April 12 - May 16

Registration is on a first come-first served basis. Registration is ongoing throughout year. Class schedules may change based upon demand. You will be notified by phone or letter ONLY if your class time is changed.

**All fees are non-refundable and non-transferable. Registration cannot be processed without payment.
No make-up classes are available for missed classes.**

SWIMMER'S: Last: _____ First: _____ Middle: _____

Birth date: _____ Age: _____ Sex: M F Phone Number: _____

PARENTS NAME: _____ Relationship: _____ Phone: _____

Address: _____ City: _____ Zip Code: _____

Emergency Phone: _____ E-Mail: _____

Has swimmer had lessons at West Coast Aquatics before? Yes No

Class level requested: Tadpoles Minnows Guppies
 Trout Salmon Sharks

(If currently enrolled in swim lessons, check with instructor for class level for next session)

Each session is 5 weeks, with 2 - 30 minute classes per week.

Session: 1 2 3

Class Times: 10:00 AM 10:30 AM 11:00 AM
 Mon/Wed 12:30 PM 1:00 PM 1:30 PM
 Tue/Thu 5:30 PM 6:00 PM 6:30 PM

Sat/Sun 11:00 AM 11:30 AM 12:00 PM

I hereby release West Coast Aquatics, it's officers, coaches, and/or representatives from any liability which may arise out of my child's participation in any of said club's activities, games, practices, or transportation to or from such events, and to hold said team and club, it's officers, coaches, and/or representatives harmless from any expense or claim for damages which may be incurred on behalf of such child for any injury, illness, or accident which may occur in connection with such child's participation herein.

Signed (legal parent or guardian): _____ Date: _____

Registration forms may be mailed or dropped off along with payment to the office at:

West Coast Aquatics, 15622 Country Club Drive, Mill Creek, WA 98012

We accept: cash, check, VISA or MasterCard payments. Make checks payable to West Coast Aquatics.

Mailed registrations must be received by no later than 2 weeks prior to the session start to better facilitate your class requests.

Office Use Only:	Amount	Received
Date: _____	Received: _____	By: _____
Check# or Credit Card Type: _____		