

# Del Norte Aquatics

## Summer Fast Track 2012



Home of the NorCal Swim League Del Norte Dolphins, who went undefeated in dual conference meets and won Eureka Champs in 2011.

### Developmental Program (minimum age 4 years old, 2&3 year olds can take lessons midweek with a Private or Semi-Private see bottom).

\*This program is run like a Swim Team with larger group sizes. Swimmers are allowed to jump to the next class when they achieve the required skills!

3 classes a week: Tue, Wed & Thu		Cost per session & swimmer \$35/Member Cost \$30					Full program (7 sessions 6/12-7/26) Below Cost per Swimmer/Member Cost			
1=6/12-14	2=6/19-21	3=6/26-28	4=7/3, 5-7(Fri)	5=7/10-12	6=7/17-19	7=7/24-26	1st -\$150/(M)\$125	2nd -\$140/(M)\$115	3rd -\$130/(M)\$100	4th or more -\$120/(M)\$90
Group Name	Focus						Pre-Skills		Days	Times
Sea Crabs Non-Swimmer (Station 1)	Water Comfort Water adaption, getting face wet, submerging under the water. Floats and glides for both front and back, maintaining balance for 5 sec.						Must be willing to get into the water.		Tues- Thurs	11:45-12:15pm 3:45-4:15pm 5:30-6:00pm
Starfish Beginner I (Station 2)	Floats & Glides Rhythmic breathing with bobs. Floats and glides for both front and back, maintaining balance for 5 sec.						Must be able to get face wet, submerge & lift feet off ground.		Tues- Thurs	11:15-11:45am 3:15-3:45pm 5:30-6:00pm
Jellyfish Beginner II (Station 3)	Basic Forward Crawl Kicking, both on front and back. Streamline kicks. Roll from front to back, big arms w/face wet and swim basic crawl.						Must be able to float, push off of wall and glide with face wet for 5 yards and submerge under water for 5 sec.		Tues- Thurs	10:45-11:15am 2:45-3:15pm 6:00-6:30pm
Minnows Intermediate I (Station 4)	Free/Back - Strokes Timing of side-breathing for crawl stroke. Backstroke basics, sit dives, and kneel dives.						Swims crawl stroke 1/2 pool length, with face wet. (arms reaching up & over water, w/ kicking)		Tues- Thurs	10:15-10:45am 2:15-2:45pm 6:30-7:00pm
Sea Lions Intermediate II (Station 5&6)	Breast/Fly - Strokes Breaststroke kick, pull and timing. Butterfly kick, pull and timing.						Must be able to swim freestyle w/side breath & swim back stroke (BOTH) 25 yards.		Tues- Thurs	9:45-10:15am 1:45-2:15pm 7:00-7:30pm
Dolphins & Practice Team Adv I & Adv II (Station 7-10)		IMers – Prep for competition Turns, starts, finishes, sidestroke, elementary backstroke, and improve all 4 formal strokes.					Swims freestyle 1.5 pool lengths with side breathing. Swims backstroke 1 pool length. Swims breast & fly 1/2 pool length.		Tues- Thurs	9:00-9:45am 1:00-1:45pm 7:30-8:15pm *45 min.

### Saturday Swim School (minimum age 2 years old, must be potty trained and be able to safely follow commands in group setting)

Small Groups of 6 x 25 minute classes. Groups are broken up into the following age ranges and group sizes

Lesson Dates: 6/17, 23, 30 & 7/7, 14, 21		Cost of swim session per Swimmer/Member Cost			*Take \$10 off for each additional family member.	
2 & 3 year olds (up to 2 swimmers) Code - 2/3y \$145/(M)\$130	4 & 5 year olds (up to 3 swimmers) Code - 4/5y \$130/(M)\$115	5-8 year olds (up to 4 swimmers) Code - 5/8y \$115/(M)\$100	9-12 year olds (up to 5 swimmers) Code - 9/12y \$100/(M)\$75	Teen-Adults (up to 6 swimmers) Code - T/Ay \$75/(M)\$60		

### Swim Basics

Group Name	Group Goal: Skills to become more familiar with or to learn.	Pre-Skills	Times
Sea Crabs Non-Swimmer (Station 1)	Water Comfort Water adaption, getting face wet, submerging under the water. Floats and glides for both front and back, maintaining balance for 5 sec.	Must be willing to get into the water.	3:00pm-3:25pm
Starfish Beginner I (Station 2)	Floats & Glides Rhythmic breathing with bobs. Floats and glides for both front and back, maintaining balance for 5 sec.	Must be able to get face wet, submerge & lift feet off ground.	3:30pm-3:55pm
Jellyfish Beginner II (Station 3)	Basic Forward Crawl Kicking, both on front and back. Streamline kicks. Roll from front to back, big arms w/face wet and swim basic crawl.	Must be able to float, push off of wall and glide with face wet for 5 yards and submerge under water for 5 sec.	4:00pm-4:25pm

### Stroke School

Minnows Intermediate I (Station 4)	Free/Back - Strokes Timing of side-breathing for crawl stroke. Backstroke basics, sit dives, and kneel dives.	Swims crawl stroke 1/2 pool length, with face wet. (arms reaching up & over water, w/ kicking)	4:30pm-4:55pm
Sea Lions Intermediate II (Station 5&6)	Breast/Fly - Strokes Breaststroke kick, pull and timing. Butterfly kick, pull and timing.	Must be able to swim freestyle w/side breath & swim back stroke (BOTH) 25 yards.	5:00pm-5:25pm

### Technique Refinement

Dolphins & Practice Team Adv I & Adv II (Station 7-10)	IMers – Prep for competition Turns, starts, finishes, sidestroke, elementary backstroke, and improve all 4 formal strokes.	Swims freestyle 1.5 pool lengths with side breathing. Swims backstroke 1 pool length. Swims breast & fly 1/2 pool length.	5:30pm-6:15pm *45min
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### Private, Semi-Private & Small Group Lessons (All ages)

\*Senior Coaches (4 or more years experience). \*Junior Coaches (1<sup>st</sup> year to 3 years experience).

\* Current Dolphins Swim Team members take \$3 off per class.  
\* Swimmers under 4 yrs old add \$3 per class.

Senior Coach	Private(1 Swimmer) <u>Int I &amp; Above</u> cost per class \$38/(M)\$32 per 25 min	Semi Private (2 Swimmers) <u>Int I &amp; Above</u> cost per class \$32/(M)\$28 per 25 min	Custom Small Group (3-4 swimmers) <u>Adv-Adv II only</u> cost per class \$28/(M)\$20 per 25 min
Junior Coach	Private(1 Swimmer) <u>Int I &amp; Below</u> cost per class \$30/(M)\$26 per 25 min	Semi Private(2 Swimmers) <u>Int I &amp; Below</u> cost per class \$26/(M)\$22 per 25 min	Custom Small Group (3-4 swimmers) <u>Int I &amp; Below</u> cost per class \$16/(M)\$10 per 25 min <u>4 yrs &amp; Older</u>

**Fees:** All fees are due in full upon registration with completed packet before swimmer is allowed to take part in class. (Must register minimum 48 hours prior to class).

**Refunds:** Sorry no refunds will be offered for withdrawal of any program or for missed classes.

**Canceled Classes:** We do not reschedule for canceled classes due to inclement weather or unforeseen circumstances. However, students are welcome to join a different class of the same level (if space allows) for a missed class. Must pre-sign up on our schedule **no drop ins**.

## Swimmer Information

First and Last Name	Previous Lesson or Team Experience Yes or No	Name of Previous Lesson or Team Participation.	Birth Date	Age	Gender

If Minor Parent's First & Last Name	Cell Phone	Family Email Address <small>*Important! Please print clearly as we will send you a Google calendar reminder.</small>
1.		
2.		
Swimmers Home Address	Swimmer Home Phone & Swimmers Cell	
Emergency Contact	Emergency Phone #	

### Participation Waiver

\*I, the undersigned, as the participant or parent/legal guardian of the child listed on this application in consideration of the request and permission of my son/daughter to participate in Del Norte programs, hereby assumes full responsibility for all risks of injury or loss which may result from my or my son's/daughter's participation in this activity and hereby agree to hold harmless, release and forever discharge Del Norte, its officers, agents and employees from and waive any and all claims and demands whatsoever which the undersigned and any of them or any third person of any accident, illness, injury, or death of any person(s), or damage to or loss or destruction of any property arising or resulting from any variety of strenuous exercises directly or indirectly from my or my son's/daughter's participation in the aforementioned program and occurring during said participation or any time subsequent thereto, save and except that the above provisions shall not be applicable to injury or death of persons, damage to or loss of property arising out of the sole negligent acts of omissions of Del Norte, their officers, agents or employees. The terms of this release shall serve as a release and assumption of risk.

### Missed Class Agreement

\*I agree to keep my child or myself from participating in class if they/I are experiencing cough, cold, fever, vomiting, and/or diarrhea. I understand that there are no refunds for missed classes.

**Parent/Guardian or Participant Signature:** \_\_\_\_\_

**\*Please note:** Swimmers must swim in their assigned swim group. However, in some instances swimmers may be moved at the discretion of the coaching staff to accommodate the needs of the swimmer and/or the group. Final Group placement is the Coaching staffs decision. In addition, swim groups may be merged for pool/space management.

Initial	I am a Del Norte Member and receive the Member discounted rate.							Member ID Number						
Swimmer's 1 <sup>st</sup> name	Level/Time/Day	Sessions							Full Program 7 Sessions/Week	Senior Coach <small>*Please indicate number of lesson.</small>		Junior Coach <small>*Please indicate number of lesson.</small>		
		1	2	3	4	5	6	7		Private	Semi-Private	Private	Semi-Private	
1.														
2.														
3.														
4.														
Subtotals:														
Total Amount Due:														
									Office Use:	Date Paid	Receipt Number	Amount Paid		

- Our program is open to families from different teams, leagues, and to non-members.
- Spaces are **LIMITED** to ensure your spot, payment must accompany registration.
- Non-Members must present Lesson Pass at the front gate to enter the club.
- Non-Member Pass is only valid for lessons and is not a pass for club use.
- Please contact (916) 692-0552 [delnorte.aquatics@gmail.com](mailto:delnorte.aquatics@gmail.com) with questions.