## Del Norte Aquatics Summer Fast Track 2012









			4 years old, 2&3 year olds can t					m).
	i		es. Swimmers are allowed to jum					
3 classes a week: Tue, Wed & 1=6/12-14 2=6/19-21		t per session & swimn 7/3, 5-*6(Fri) 5=7/10	ner \$35/Member Cost \$30 -12 6=7/17-19 7=7/24-26 1s	Full p +-\$150/(M)\$1:	program (7 sessions 6/12-7/26) Below 25 2 <sup>nd</sup> -\$140/(M)\$115 3 <sup>rd</sup> -\$130/(M			Tember Cost ore -\$120/(M)\$90
	3-0/20-20 4-	7/3, 5- 6(FII) 5-7/10	Focus	· -\$ 150/(W)\$1.	25   210-\$140/(M)\$115   30-\$130/(N	1)\$100		Times
Group Name Sea Crabs		Wat	er Comfort		Must be willing to get into the	water	Days Tues-	11:45-12:15pm
	Water adaptio		er Connort , submerging under the water. Flo	note and	Must be willing to get into the	Thurs	3:45-4:15pm	
Non-Swimmer			ack, maintaining balance for 5 sec				Tituis	5:30-6:00pm
(Station 1)	glides i			٠.	N 1 11		TD	11:15 11:15om
Starfish			ts & Glides		Must be able to get face w	Tues-	11:15-11:45am 3:15-3:45pm	
Beginner I	Rhythmic bre		Floats and glides for both front an	d back,	submerge & lift feet off gro	una.	Thurs	5:30-6:00pm
(Station 2)			g balance for 5 sec.					
Jellyfish			forward Crawl		Must be able to float, push off	Tues-	10:45-11:15am 2:45-3:15pm	
Beginner II (Station			<ul><li>k. Streamline kicks. Roll from from</li></ul>	ont to	and glide with face wet for 5	Thurs	6:00-6:30pm	
3)	ba	ack, big arms w/fac	e wet and swim basic crawl.		and submerge under water for			
3.6		E /D	1 0: 1		G : 1 / 1 / 11	4 4	T	10:15-10:45am
Minnows			ack - Strokes	1.	Swims crawl stroke ½ pool leng face wet. (arms reaching up & ov		Tues- Thurs	2:15-2:45pm
Intermediate I	1 iming of si		awl stroke. Backstroke basics, sit	aives,	w/ kicking)	ei watei,	Tituis	6:30-7:00pm
(Station 4)		and	kneel dives.		w/ kicking)			
Sea Lions		Breast	/Fly - Strokes		Must be able to swim freestyle	w/side	Tues-	9:45-10:15am
Intermediate II	Breaststrol		ning. Butterfly kick, pull and tim	ning.	breath & swim back stroke (B	OTH)	Thurs	1:45-2:15pm 7:00-7:30pm
(Station 5&6)		, <sub>F</sub>	,, <sub></sub> , <sub></sub>	8	25 yards.	ĺ		7.00-7.30pm
Dolphins & Practi	ice Team	TM.	ers – Prep for competition		Swims freestyle 1.5 pool length	ne with	Tues-	9:00-9:45am
					side breathing. Swims backstr		Thurs	1:00-1:45pm
Adv I & Adv II (Sta	ation /-10)		s, finishes, sidestroke, elemer		pool length. Swims breast &		Tituis	7:30-8:15pm *45 min.
		backstroke,	and improve all 4 formal stro	okes.	pool length.	119 /2		45 11111.
C - 4	1 C C-	1 1 /			·			
			ge 2 years old, must be potty trai					
			classes. Groups are broken up		e following age ranges and gr	oup sizes	S	
Lesson Dates: 6/17, 23, 30	& 7/7, 14, 21	Cost of swi	m session per Swimmer/Member	Cost	*Take \$10 off for each ac	lditional f	amily me	mber.
2 & 3 year olds		4 & 5 year old	s 5-8 year olds		9-12 year olds	Adults		
(up to 2 swimmers) (up to 3					(up to 5 swimmers)		(up to 6 s	swimmers)
Code - 2/3y Code			Code – 5/8y		Code – 9/12y		Code -	- T/Ay
\$145/(M)\$130		¢120/0\0\\$116						
		\$130/(M)\$115	\$115/(M)\$100	)	\$100/(M)\$75			M)\$60
		\$150/(N1)\$113	\$115/(M)\$100 Swim Basics	)	\$100/(M)\$75			M)\$60
Group Name	Group (				\$100/(M)\$75			Times
Group Name Sea Crabs	Group (	Goal: Skills to beco	Swim Basics		\$100/(M)\$75	the water	\$75/(1	,
•		Goal: Skills to beco	Swim Basics ome more familiar with or to lea	arn.	\$100/(M)\$75 Pre-Skills	the water	\$75/(1	Times
Sea Crabs Non-Swimmer	Water adap	Goal: Skills to beco Wa otion, getting face v	Swim Basics ome more familiar with or to letter Comfort	arn. Floats	\$100/(M)\$75 Pre-Skills	the water	\$75/(1	Times
Sea Crabs Non-Swimmer (Station 1)	Water adap	Goal: Skills to beco Wa stion, getting face v s for both front and	Swim Basics ome more familiar with or to least ter Comfort wet, submerging under the water. I back, maintaining balance for 5	arn. Floats	\$100/(M)\$75  Pre-Skills  Must be willing to get into		\$75/(1	Times 3:00pm-3:25pr
Sea Crabs Non-Swimmer (Station 1) Starfish	Water adap and glide	Goal: Skills to beco Wa stion, getting face v s for both front and	Swim Basics ome more familiar with or to lead the Comfort wet, submerging under the water. I back, maintaining balance for 5 ats & Glides	arn. Floats sec.	\$100/(M)\$75  Pre-Skills  Must be willing to get into  Must be able to get face wet, so		\$75/(1	Times
Sea Crabs Non-Swimmer (Station 1) Starfish Beginner I	Water adap and glide	Goal: Skills to become Wastion, getting face was for both front and Float breathing with both	Swim Basics ome more familiar with or to lead the Comfort wet, submerging under the water. I back, maintaining balance for 5 ats & Glides os. Floats and glides for both from	arn. Floats sec.	\$100/(M)\$75  Pre-Skills  Must be willing to get into		\$75/(1	Times 3:00pm-3:25pr
Sea Crabs Non-Swimmer (Station 1) Starfish Beginner I (Station 2)	Water adap and glide	Goal: Skills to beco Wa stion, getting face v s for both front and Float breathing with bot back, maintai	Swim Basics ome more familiar with or to lead the Comfort wet, submerging under the water. I back, maintaining balance for 5 ats & Glides os. Floats and glides for both fron ning balance for 5 sec.	arn. Floats sec.	Pre-Skills  Must be willing to get into  Must be able to get face wet, so feet off ground.	ubmerge o	\$75/()	Times 3:00pm-3:25pr 3:30pm-3:55pr
Sea Crabs Non-Swimmer (Station 1) Starfish Beginner I (Station 2) Jellyfish	Water adap and glide Rhythmic	Goal: Skills to beco Wa stion, getting face v s for both front and Float breathing with bot back, maintai	Swim Basics ome more familiar with or to lead the Comfort wet, submerging under the water. I back, maintaining balance for 5 ats & Glides os. Floats and glides for both from	arn. Floats sec.	Pre-Skills  Must be willing to get into  Must be able to get face wet, so feet off ground.  Must be able to float, push of	ubmerge of	\$75/() :. & lift	Times 3:00pm-3:25pr
Sea Crabs Non-Swimmer (Station 1) Starfish Beginner I (Station 2)	Water adap and glide Rhythmic Kicking, bo	Goal: Skills to beco Wa stion, getting face v s for both front and Float breathing with bot back, maintai Basic loth on front and back	Swim Basics ome more familiar with or to lead ter Comfort vet, submerging under the water. It back, maintaining balance for 5 ats & Glides os. Floats and glides for both fron ning balance for 5 sec. Forward Crawl ck. Streamline kicks. Roll from fr	Floats sec.	Pre-Skills  Must be willing to get into  Must be able to get face wet, si feet off ground.  Must be able to float, push of glide with face wet for 5 yards	ubmerge of wall and subm	\$75/() :. & lift	Times 3:00pm-3:25pr 3:30pm-3:55pr
Sea Crabs Non-Swimmer (Station 1) Starfish Beginner I (Station 2) Jellyfish	Water adap and glide Rhythmic Kicking, bo	Goal: Skills to beco Wa stion, getting face v s for both front and Float breathing with bot back, maintai Basic loth on front and back	Swim Basics ome more familiar with or to lead the Comfort wet, submerging under the water. It back, maintaining balance for 5 ats & Glides os. Floats and glides for both from ning balance for 5 sec.  Forward Crawl ck. Streamline kicks. Roll from from wet and swim basic crawl.	Floats sec. t and	Pre-Skills  Must be willing to get into  Must be able to get face wet, so feet off ground.  Must be able to float, push of	ubmerge of wall and subm	\$75/() :. & lift	Times 3:00pm-3:25pr 3:30pm-3:55pr
Sea Crabs Non-Swimmer (Station 1) Starfish Beginner I (Station 2) Jellyfish Beginner II (Station 3)	Water adap and glide Rhythmic Kicking, bo	Goal: Skills to become Wastion, getting face was for both front and Float breathing with both back, maintait Basic loth on front and bacack, big arms w/factors.	Swim Basics ome more familiar with or to lead ter Comfort vet, submerging under the water. It back, maintaining balance for 5 ats & Glides os. Floats and glides for both fron ning balance for 5 sec. Forward Crawl ck. Streamline kicks. Roll from from the wet and swim basic crawl.  Stroke School	Floats sec. t and	Pre-Skills  Must be willing to get into  Must be able to get face wet, so feet off ground.  Must be able to float, push of glide with face wet for 5 yards under water for 5 s	of wall and submec.	\$75/(i	Times 3:00pm-3:25pr 3:30pm-3:55pr 4:00pm-4:25pr
Sea Crabs Non-Swimmer (Station 1) Starfish Beginner I (Station 2) Jellyfish Beginner II (Station 3)	Water adap and glide Rhythmic Kicking, be	Goal: Skills to become Was toon, getting face was for both front and breathing with both back, maintait Basic I both on front and bacack, big arms w/fac	Swim Basics ome more familiar with or to lead ter Comfort vet, submerging under the water. It back, maintaining balance for 5 ats & Glides os. Floats and glides for both fron ning balance for 5 sec. Forward Crawl ck. Streamline kicks. Roll from from the wet and swim basic crawl.  Stroke School Back - Strokes	Floats sec. t and	Pre-Skills  Must be willing to get into  Must be able to get face wet, so feet off ground.  Must be able to float, push of glide with face wet for 5 yards under water for 5 s  Swims crawl stroke ½ pool leng	of wall and submec.	\$75/(i	Times 3:00pm-3:25pr 3:30pm-3:55pr
Sea Crabs Non-Swimmer (Station 1) Starfish Beginner I (Station 2) Jellyfish Beginner II (Station 3)  Minnows Intermediate I	Water adap and glide Rhythmic Kicking, be	Goal: Skills to become Was stion, getting face was for both front and breathing with both back, maintaid Basic I both on front and back, big arms w/factide-breathing for cr	Swim Basics ome more familiar with or to lead ter Comfort wet, submerging under the water. It back, maintaining balance for 5 ats & Glides os. Floats and glides for both fron ning balance for 5 sec. Forward Crawl ck. Streamline kicks. Roll from from the wet and swim basic crawl.  Stroke School Back - Strokes rawl stroke. Backstroke basics, si	Floats sec. t and	Pre-Skills  Must be willing to get into  Must be able to get face wet, so feet off ground.  Must be able to float, push of glide with face wet for 5 yards under water for 5 s	of wall and submec.	\$75/(i	Times 3:00pm-3:25pr 3:30pm-3:55pr 4:00pm-4:25pr
Sea Crabs Non-Swimmer (Station 1) Starfish Beginner I (Station 2) Jellyfish Beginner II (Station 3)	Water adap and glide Rhythmic Kicking, be	Goal: Skills to become Was stion, getting face was for both front and breathing with both back, maintaid Basic I both on front and back, big arms w/factide-breathing for cr	Swim Basics ome more familiar with or to lead ter Comfort vet, submerging under the water. It back, maintaining balance for 5 ats & Glides os. Floats and glides for both fron ning balance for 5 sec. Forward Crawl ck. Streamline kicks. Roll from from the wet and swim basic crawl.  Stroke School Back - Strokes	Floats sec. t and	Pre-Skills  Must be willing to get into  Must be able to get face wet, so feet off ground.  Must be able to float, push of glide with face wet for 5 yards under water for 5 s  Swims crawl stroke ½ pool leng	of wall and submec.	\$75/(i	Times 3:00pm-3:25pr 3:30pm-3:55pr 4:00pm-4:25pr
Sea Crabs Non-Swimmer (Station 1) Starfish Beginner I (Station 2) Jellyfish Beginner II (Station 3)  Minnows Intermediate I (Station 4)	Water adap and glide Rhythmic Kicking, be	Goal: Skills to become Wastion, getting face was for both front and breathing with both back, maintain Basic I oth on front and back, big arms w/factide-breathing for crand	Swim Basics ome more familiar with or to let ter Comfort vet, submerging under the water. I back, maintaining balance for 5 ats & Glides os. Floats and glides for both fron ning balance for 5 sec.  Forward Crawl ck. Streamline kicks. Roll from from wet and swim basic crawl.  Stroke School Back - Strokes rawl stroke. Backstroke basics, sickneel dives.	Floats sec. t and	Pre-Skills  Must be willing to get into  Must be able to get face wet, so feet off ground.  Must be able to float, push of glide with face wet for 5 yards under water for 5 s  Swims crawl stroke ½ pool leng (arms reaching up & over wat	if of wall and submece.	\$75/(i	Times 3:00pm-3:25pr 3:30pm-3:55pr 4:00pm-4:25pr 4:30pm-4:55pr
Sea Crabs Non-Swimmer (Station 1)  Starfish Beginner I (Station 2)  Jellyfish Beginner II (Station 3)  Minnows Intermediate I (Station 4)  Sea Lions	Water adap and glide Rhythmic Kicking, b	Goal: Skills to become Wastion, getting face was for both front and breathing with both back, maintain Basic I oth on front and back, big arms w/factide-breathing for crain and Breast	Swim Basics ome more familiar with or to let ter Comfort vet, submerging under the water. I back, maintaining balance for 5 ats & Glides os. Floats and glides for both fron ning balance for 5 sec.  Forward Crawl ck. Streamline kicks. Roll from from the wet and swim basic crawl.  Stroke School Back - Strokes rawl stroke. Backstroke basics, sin kneel dives.  t/Fly - Strokes	Floats sec.  t and  ront to	Pre-Skills  Must be willing to get into  Must be able to get face wet, so feet off ground.  Must be able to float, push of glide with face wet for 5 yards under water for 5 s  Swims crawl stroke ½ pool leng (arms reaching up & over wat)	if of wall and submece.  th, with facer, w/ kices w/side be	\$75/(i	Times 3:00pm-3:25pr 3:30pm-3:55pr 4:00pm-4:25pr 4:30pm-4:55pr
Sea Crabs Non-Swimmer (Station 1) Starfish Beginner I (Station 2) Jellyfish Beginner II (Station 3)  Minnows Intermediate I (Station 4) Sea Lions Intermediate II	Water adap and glide Rhythmic Kicking, b	Goal: Skills to become Wastion, getting face was for both front and breathing with both back, maintain Basic I oth on front and back, big arms w/factide-breathing for crain and Breast	Swim Basics ome more familiar with or to let ter Comfort vet, submerging under the water. I back, maintaining balance for 5 ats & Glides os. Floats and glides for both fron ning balance for 5 sec.  Forward Crawl ck. Streamline kicks. Roll from from wet and swim basic crawl.  Stroke School Back - Strokes rawl stroke. Backstroke basics, sickneel dives.	Floats sec.  t and  ront to	Pre-Skills  Must be willing to get into  Must be able to get face wet, so feet off ground.  Must be able to float, push of glide with face wet for 5 yards under water for 5 s  Swims crawl stroke ½ pool leng (arms reaching up & over wat	if of wall and submece.  th, with facer, w/ kices w/side be	\$75/(i	Times 3:00pm-3:25pr 3:30pm-3:55pr 4:00pm-4:25pr
Sea Crabs Non-Swimmer (Station 1)  Starfish Beginner I (Station 2)  Jellyfish Beginner II (Station 3)  Minnows Intermediate I (Station 4)  Sea Lions	Water adap and glide Rhythmic Kicking, b	Goal: Skills to become Wastion, getting face was for both front and breathing with both back, maintain Basic I oth on front and back, big arms w/factide-breathing for crain and Breast	Swim Basics ome more familiar with or to lead ter Comfort vet, submerging under the water. It back, maintaining balance for 5 ats & Glides os. Floats and glides for both fron ning balance for 5 sec.  Forward Crawl ck. Streamline kicks. Roll from from the wet and swim basic crawl.  Stroke School Back - Strokes rawl stroke. Backstroke basics, sin kneel dives.  It/Fly - Strokes ming. Butterfly kick, pull and tir	Floats sec.  t and  ront to  t dives,  ming.	Pre-Skills  Must be willing to get into  Must be able to get face wet, so feet off ground.  Must be able to float, push of glide with face wet for 5 yards under water for 5 s  Swims crawl stroke ½ pool leng (arms reaching up & over wat)	if of wall and submece.  th, with facer, w/ kices w/side be	\$75/(i	Times 3:00pm-3:25pr 3:30pm-3:55pr 4:00pm-4:25pr 4:30pm-4:55pr
Sea Crabs Non-Swimmer (Station 1) Starfish Beginner I (Station 2) Jellyfish Beginner II (Station 3)  Minnows Intermediate I (Station 4) Sea Lions Intermediate II (Station 5&6)	Water adap and glide Rhythmic Kicking, be b Timing of s	Goal: Skills to becco Wa stion, getting face v s for both front and Float breathing with bot back, maintai Basic l oth on front and bac ack, big arms w/fac  Free/I ide-breathing for cr and  Breast ke kick, pull and ti	Swim Basics ome more familiar with or to lead ter Comfort wet, submerging under the water. It back, maintaining balance for 5 ats & Glides so. Floats and glides for both from ning balance for 5 sec. Forward Crawl ck. Streamline kicks. Roll from from the wet and swim basic crawl.  Stroke School Back - Strokes awl stroke. Backstroke basics, sin kneel dives.  Technique Refine	Floats sec.  t and  ront to  t dives,  ming.	Pre-Skills  Must be willing to get into  Must be able to get face wet, so feet off ground.  Must be able to float, push of glide with face wet for 5 yards under water for 5 s  Swims crawl stroke ½ pool leng (arms reaching up & over wat  Must be able to swim freestyle & swim back stroke (BOTF)	of of wall and submec.  th, with facer, w/ kice w/side b. I) 25 yard	\$75/(i	Times 3:00pm-3:25pi 3:30pm-3:55pi 4:00pm-4:25pi 4:30pm-4:55pi
Sea Crabs Non-Swimmer (Station 1) Starfish Beginner I (Station 2) Jellyfish Beginner II (Station 3)  Minnows Intermediate I (Station 4) Sea Lions Intermediate II (Station 5&6)  Dolphins & Pract	Water adaption and glide  Rhythmic  Kicking, be	Goal: Skills to become Wastion, getting face was for both front and breathing with both back, maintain Basic I oth on front and back, big arms w/fact Free/I de-breathing for crain and Breast ke kick, pull and ti	Swim Basics ome more familiar with or to let ter Comfort vet, submerging under the water. I back, maintaining balance for 5 ats & Glides os. Floats and glides for both fron ning balance for 5 sec.  Forward Crawl ck. Streamline kicks. Roll from from the wet and swim basic crawl.  Stroke School Back - Strokes rawl stroke. Backstroke basics, sin kneel dives.  It/Fly - Strokes ming. Butterfly kick, pull and tir  Technique Refiner Mers - Prep for competition	Floats sec.  t and  ront to  t dives,  ming.	Pre-Skills  Must be willing to get into  Must be able to get face wet, so feet off ground.  Must be able to float, push of glide with face wet for 5 yards under water for 5 s  Swims crawl stroke ½ pool leng (arms reaching up & over wat  Must be able to swim freestyle & swim back stroke (BOTF	if of wall and submerce.  th, with facer, w/ kice w/side by yard	\$75/(i	Times 3:00pm-3:25pr 3:30pm-3:55pr 4:00pm-4:25pr 4:30pm-4:55pr 5:00pm-5:25pr
Sea Crabs Non-Swimmer (Station 1)  Starfish Beginner I (Station 2)  Jellyfish Beginner II (Station 3)  Minnows Intermediate I (Station 4)  Sea Lions Intermediate II (Station 5&6)	Water adaption and glide  Rhythmic  Kicking, be	Goal: Skills to become Wastion, getting face was for both front and breathing with both back, maintain Basic I oth on front and back, big arms w/far Free/Hide-breathing for crain and Breast ke kick, pull and time I in Turns, step in the state of the st	Swim Basics ome more familiar with or to leter Comfort teet, submerging under the water. It back, maintaining balance for 5 thats & Glides to Floats and glides for both from the balance for 5 sec.  Forward Crawl teck. Streamline kicks. Roll from from the water and swim basic crawl.  Stroke School Back - Strokes tawl stroke. Backstroke basics, sinkneel dives.  the Fly - Strokes the Backstroke basics, sinkneel dives.  Technique Refinet Mers - Prep for competition tearts, finishes, sidestroke, element	Floats sec.  t and  ront to  t dives,  ming.	Pre-Skills  Must be willing to get into  Must be able to get face wet, so feet off ground.  Must be able to float, push of glide with face wet for 5 yards under water for 5 s  Swims crawl stroke ½ pool leng (arms reaching up & over wat  Must be able to swim freestyle & swim back stroke (BOTF	if of wall and submece.  th, with facer, w/ kice w/side by the with state of the wit	\$75/(i	Times 3:00pm-3:25pr 3:30pm-3:55pr 4:00pm-4:25pr 4:30pm-4:55pr
Sea Crabs Non-Swimmer (Station 1) Starfish Beginner I (Station 2) Jellyfish Beginner II (Station 3)  Minnows Intermediate I (Station 4) Sea Lions Intermediate II (Station 5&6)  Dolphins & Pract Adv I & Adv II (St	Water adaption and glide  Rhythmic  Kicking, be	Goal: Skills to become Was toon, getting face we should from another Float breathing with both back, maintain Basic I both on front and backack, big arms w/fact Free/Fide-breathing for created Breast ke kick, pull and ti	Swim Basics ome more familiar with or to lead ter Comfort vet, submerging under the water. It back, maintaining balance for 5 ats & Glides os. Floats and glides for both from ning balance for 5 sec. Forward Crawl ck. Streamline kicks. Roll from from the wet and swim basic crawl.  Stroke School Back - Strokes awl stroke. Backstroke basics, sin kneel dives.  t/Fly - Strokes ming. Butterfly kick, pull and tir  Technique Refiner Mers - Prep for competition tarts, finishes, sidestroke, element ke, and improve all 4 formal stro	Floats sec.  t and  ront to  t dives,  ming.	Pre-Skills  Must be willing to get into  Must be able to get face wet, so feet off ground.  Must be able to float, push of glide with face wet for 5 yards under water for 5 s  Swims crawl stroke ½ pool leng (arms reaching up & over wat  Must be able to swim freestyle & swim back stroke (BOTF)  Swims freestyle 1.5 pool leng breathing. Swims backstroke Swims breast & fly ½ po	of of wall and submec.  th, with facer, w/kice w/side by the with side by	\$75/(i	Times 3:00pm-3:25pi 3:30pm-3:55pi 4:00pm-4:25pi 4:30pm-4:55pi 5:00pm-5:25pi 5:30pm-6:15pi *45min
Sea Crabs Non-Swimmer (Station 1) Starfish Beginner I (Station 2) Jellyfish Beginner II (Station 3)  Minnows Intermediate I (Station 4) Sea Lions Intermediate II (Station 5&6)  Dolphins & Pract Adv I & Adv II (St	Water adaption and glide  Rhythmic  Kicking, be	Goal: Skills to become Wastion, getting face was for both front and breathing with both back, maintain Basic I oth on front and back, big arms w/fact Free/Edde-breathing for crain and Breast ke kick, pull and time In Turns, standard backstro	Swim Basics ome more familiar with or to leter Comfort teet, submerging under the water. It back, maintaining balance for 5 thats & Glides tos. Floats and glides for both from the selection of	Floats sec.  t and  ront to  t dives,  ming.	Pre-Skills  Must be willing to get into  Must be able to get face wet, so feet off ground.  Must be able to float, push of glide with face wet for 5 yards under water for 5 s  Swims crawl stroke ½ pool leng (arms reaching up & over wat  Must be able to swim freestyle & swim back stroke (BOTF  Swims freestyle 1.5 pool leng breathing. Swims backstroke Swims breast & fly ½ pool  * Current Dolphins Swim Team mer	if of wall and submerce.  th, with facer, w/ kice w/side by the with state of the with submerce that with submerce with subme	\$75/(i	Times 3:00pm-3:25pi 3:30pm-3:55pi 4:00pm-4:25pi 4:30pm-4:55pi 5:00pm-5:25pi 5:30pm-6:15pi *45min
Sea Crabs Non-Swimmer (Station 1) Starfish Beginner I (Station 2) Jellyfish Beginner II (Station 3)  Minnows Intermediate I (Station 4) Sea Lions Intermediate II (Station 5&6)  Dolphins & Pract Adv I & Adv II (St  Private, Semi-Private *Senior Coaches (4 or more y	Water adaption and glide  Rhythmic  Kicking, be	Goal: Skills to become Wastion, getting face was for both front and breathing with both back, maintain Basic I oth on front and back, big arms w/fact Breathing for crain and Breast ke kick, pull and time I in Turns, standard backstroup Lessons (All a *Junior Coaches (Istandard part of the property of	Swim Basics one more familiar with or to leter Comfort vet, submerging under the water. It back, maintaining balance for 5 ats & Glides os. Floats and glides for both from ning balance for 5 sec.  Forward Crawl ck. Streamline kicks. Roll from from the wet and swim basic crawl.  Stroke School Back - Strokes rawl stroke. Backstroke basics, sinkneel dives.  It/Fly - Strokes ming. Butterfly kick, pull and tir  Technique Refiner Mers — Prep for competition carts, finishes, sidestroke, element ke, and improve all 4 formal stroiges)  year to 3 years experience).	Floats sec.  t and  ront to  t dives,  ming.  ment  tary kes.	Pre-Skills  Must be willing to get into  Must be able to get face wet, so feet off ground.  Must be able to float, push of glide with face wet for 5 yards under water for 5 s  Swims crawl stroke ½ pool leng (arms reaching up & over wat  Must be able to swim freestyle & swim back stroke (BOTF  Swims freestyle 1.5 pool leng breathing. Swims backstroke Swims breast & fly ½ pool  * Current Dolphins Swim Team met  * Swimmers under 4 yrs old add \$3	of of wall and submerce.  th, with facer, w/kice w/side by the with state of the with state of the with the wit	\$75/(i	Times 3:00pm-3:25pi 3:30pm-3:55pi 4:00pm-4:25pi 4:30pm-4:55pi 5:00pm-5:25pi 5:30pm-6:15pi *45min
Sea Crabs Non-Swimmer (Station 1) Starfish Beginner I (Station 2) Jellyfish Beginner II (Station 3)  Minnows Intermediate I (Station 4) Sea Lions Intermediate II (Station 5&6)  Dolphins & Pract Adv I & Adv II (St  Private, Semi-Private *Senior Coaches (4 or more y) Senior Coach	Water adaption and glide  Rhythmic  Kicking, be	Goal: Skills to become Wastion, getting face was for both front and breathing with both back, maintain Basic I oth on front and back, big arms w/faction breathing for crain and Breast ke kick, pull and time I oth backstro	Swim Basics ome more familiar with or to let ter Comfort vet, submerging under the water. I back, maintaining balance for 5 ats & Glides os. Floats and glides for both fron ning balance for 5 sec.  Forward Crawl ck. Streamline kicks. Roll from from the wet and swim basic crawl.  Stroke School Back - Strokes awl stroke. Backstroke basics, sin kneel dives.  t/Fly - Strokes ming. Butterfly kick, pull and tir  Technique Refinet fors - Prep for competition tarts, finishes, sidestroke, element ke, and improve all 4 formal stro  ges) year to 3 years experience). Semi Private (2 Swimmers) Int L	Floats sec.  t and  cont to  t dives,  ming.  ment  tary kes.	Pre-Skills  Must be willing to get into  Must be able to get face wet, so feet off ground.  Must be able to float, push of glide with face wet for 5 yards under water for 5 s  Swims crawl stroke ½ pool leng (arms reaching up & over wat  Must be able to swim freestyle & swim back stroke (BOTF  Swims freestyle 1.5 pool leng breathing. Swims backstroke Swims breast & fly ½ pool  * Current Dolphins Swim Team mei  * Swimmers under 4 yrs old add \$3  Custom Small Group (3-4 sw	if of wall and submere.  th, with facer, w/ kic w/side b. 1 25 yard gths with s 1 pool length.  mbers take per class.  immers) A	\$75/(i	Times 3:00pm-3:25pi 3:30pm-3:55pi 4:00pm-4:25pi 4:30pm-4:55pi 5:00pm-5:25pi 5:30pm-6:15pi *45min
Sea Crabs Non-Swimmer (Station 1)  Starfish Beginner I (Station 2)  Jellyfish Beginner II (Station 3)  Minnows Intermediate I (Station 4)  Sea Lions Intermediate II (Station 5&6)  Dolphins & Pract Adv I & Adv II (St  Private, Semi-Private *Senior Coaches (4 or more y Senior Coach Private cost per	Water adaption and glide  Rhythmic  Kicking, be	Goal: Skills to become Wastion, getting face was for both front and breathing with both back, maintain Basic I oth on front and back, big arms w/fact betting for creating for	Swim Basics ome more familiar with or to leter Comfort vet, submerging under the water. It back, maintaining balance for 5 ats & Glides os. Floats and glides for both fron ning balance for 5 sec.  Forward Crawl ck. Streamline kicks. Roll from from the water and swim basic crawl.  Stroke School Back - Strokes rawl stroke. Backstroke basics, sinkneel dives.  t/Fly - Strokes ming. Butterfly kick, pull and tir  Technique Refinet Mers - Prep for competition tarts, finishes, sidestroke, element when, and improve all 4 formal stroit ges)  year to 3 years experience).  Semi Private (2 Swimmers) Int I cost per class \$32/(M)\$28 per 25 I	Floats sec.  t and  ront to  t dives,  ming.  ment  tary kes.	Pre-Skills  Must be willing to get into  Must be able to get face wet, so feet off ground.  Must be able to float, push of glide with face wet for 5 yards under water for 5 s  Swims crawl stroke ½ pool leng (arms reaching up & over wat  Must be able to swim freestyle & swim back stroke (BOTF  Swims freestyle 1.5 pool leng breathing. Swims backstroke Swims breast & fly ½ pool * Current Dolphins Swim Team men * Swimmers under 4 yrs old add \$3  Custom Small Group (3-4 sw cost per class \$28/(M)\$20 per	interest of the second of the	\$75/(i	Times 3:00pm-3:25pr 3:30pm-3:55pr 4:00pm-4:25pr 4:30pm-4:55pr 5:00pm-5:25pr 5:30pm-6:15pr *45min
Sea Crabs Non-Swimmer (Station 1)  Starfish Beginner I (Station 2)  Jellyfish Beginner II (Station 3)  Minnows Intermediate I (Station 4)  Sea Lions Intermediate II (Station 5&6)  Dolphins & Pract Adv I & Adv II (St  Private, Semi-Private *Senior Coach Senior Coach  Private  Senior Coach Private  Senior Coach Private  Private  Private  Senior Coach Private	Water adaption and glide  Rhythmic  Kicking, be	Goal: Skills to become Wastion, getting face was for both front and breathing with both back, maintain Basic I oth on front and back, big arms w/far Free/Fide-breathing for crand Breast ke kick, pull and time I in I i	Swim Basics ome more familiar with or to let ter Comfort vet, submerging under the water. I back, maintaining balance for 5 ats & Glides os. Floats and glides for both fron ning balance for 5 sec.  Forward Crawl ck. Streamline kicks. Roll from from the wet and swim basic crawl.  Stroke School Back - Strokes awl stroke. Backstroke basics, sin kneel dives.  t/Fly - Strokes ming. Butterfly kick, pull and tir  Technique Refinet fors - Prep for competition tarts, finishes, sidestroke, element ke, and improve all 4 formal stro  ges) year to 3 years experience). Semi Private (2 Swimmers) Int L	Floats sec.  t and  ront to  t dives,  ming.  ment  tary kes.	Pre-Skills  Must be willing to get into  Must be able to get face wet, so feet off ground.  Must be able to float, push of glide with face wet for 5 yards under water for 5 s  Swims crawl stroke ½ pool leng (arms reaching up & over wat  Must be able to swim freestyle & swim back stroke (BOTF  Swims freestyle 1.5 pool leng breathing. Swims backstroke Swims breast & fly ½ pool * Current Dolphins Swim Team men * Swimmers under 4 yrs old add \$3  Custom Small Group (3-4 sw cost per class \$28/(M)\$20 per	ibmerge of and submerce.  th, with farer, w/ kic w/side bill 25 yard gths with sill pool length.  mbers take per class.  immers) Are 25 min immers) I	\$75/(i	Times 3:00pm-3:25pi 3:30pm-3:55pi 4:00pm-4:25pi 4:30pm-4:55pi 5:00pm-5:25pi 5:30pm-6:15pi *45min 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 Name of Previous Lesson **Birth Date** Age Gender **Team Experience** or Team Participation. Yes or No If Minor Parent's First & Last Name Cell Phone Family Email Address Important! Please print clearly as we will send you a Google calendar reminder. 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

\*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 No	rte Member and receive the Member discounted rate.								Member ID Number				
Swimmer's 1 <sup>st</sup> name		Level/Time/Day	1	Sess 2	sions 3	4	5	6	7	Full Program 7	*Please number	r Coach e indicate of lesson.	*Pleas number	r Coach e indicate of lesson.
1.	r s i name									Sessions/Week	Private	Semi-Private	Private	Semi-Private
2.														
3.														
4.														
		Subtotals:												
		Total Amount Due:					:							
									Office Use		aid	Receipt Number	Amo	ount 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 <u>delnorte.aquatics@gmail.com</u> with questions.