



2017 Group Swim Lesson Registration

Student's Information

Name: _____ Birth date: ____/____/____ Starting Level (see below): _____

Parent's Name: _____ DFC Membership Name: _____

Parent's email address to be used for swim lesson information: _____

Lesson Information

Group Swim Lessons are held Monday through Thursday for four 30 minute sessions (**July 3-7 AM and PM sessions will be held Monday, Wednesday-Friday). Session registrations will close at 5pm on the Thursday prior to that session to ensure adequate staffing.

Aqua Tots – This program is designed to help parents assist their toddlers in becoming more comfortable in the water. The goal of the lessons is to provide a safe environment for parents and their toddlers to learn the foundations for swimming and water safety.

- **Ages:** 24 months to 3 years. **Lesson Length:** 30 minutes **Number of lessons:** 4 **Cost:** \$50 per weekly session

Group Swim Lessons - The DFC uses a lesson program that is geared specifically for each swimmer based on their skill set at the time they begin classes. The program moves at your child's pace and includes opportunities to advance to the next level within a weekly session.

- **Ages:** Must be 4 years or older. **Lesson Length:** 30 minutes **Number of lessons:** 4 **Cost:** \$50 per weekly session

***Cancellation policy:** All cancellations/transfers must be emailed to [Tim](mailto:tim.bisantz@duke.edu) (tim.bisantz@duke.edu) by 5pm the Thursday before the registered session to receive a full refund. Any cancellations after this point will not receive a refund.

Starting Levels (Group Swim Lessons Only)

Please read the descriptions below to help decipher your child's starting level. This will give the instructors a general idea of where to place your child, but we can always move them to the appropriate group on the first day of lessons if the selected level is too challenging or they have already mastered the skills.

- **Level 1**
 - Swimmer is new to the water or not comfortable in the water. Needs to work on putting head underwater, breath control, bobbing, front float, and back float.
- **Level 2**
 - Swimmer can float on front and back for 10 seconds unassisted. Swimmer will learn how to travel on their front and back by kicking their feet and begin learning to take breaths as they swim (pre-freestyle skills).
- **Level 3**
 - Swimmer can travel 15 feet or more using informal technique (kicking feet on front or back). Swimmer will learn proper freestyle technique, side breathing, and an introduction to backstroke.
- **Level 4**
 - Swimmer can travel unassisted using proper freestyle form and side breathing. Swimmer will work on refining backstroke technique, and learn introductory diving and deep water skills.
- **Level 5**
 - Swimmer can travel effectively using freestyle with side breathing, and backstroke with proper technique. Swimmer will begin working on more advanced competitive strokes, diving, and increasing endurance and stamina.

Please select the sessions you would like to register:			
Session	Morning (9:15-9:45am)	Aqua Tots (5:00-5:30pm)	Evening (5:30-6:00pm)
1 June 12 – 15	_____	N/A	_____
2 June 19 – 22	_____	_____	_____
3 June 26 – 29	_____	_____	_____
4 July 3, 5-7	_____ **M, W, Th, F	N/A	_____ **M, W,Th,F
5 July 10 – 13	_____	N/A	_____
6 July 17 – 20	_____	N/A	_____
7 July 24 – 27	N/A	N/A	_____
8 July 31 – Aug. 3	N/A	N/A	_____