

## Lesson Schedule

### Option 1: \$60

For ages 4 and over (participant must be able to put their face under water)

Dates:

Session I: Tuesday/Thursday from June 7<sup>th</sup> – June 30<sup>th</sup>

Session II: Tuesday/Thursday from July 5<sup>th</sup> – 28<sup>th</sup>

Times:

Intermediate 1: 9:30 – 10:10 a.m.

Beginner 2: 10:20 – 11:00 a.m.

Beginner 1: 11:10 – 11:50 a.m.

### Option 2: \$35

For ages 4 and over (participant must be able to put their face under water)

All levels on Wednesday between 7-8:30 p.m. (time TBA depending on # of participants)

Session I: June 8<sup>th</sup> – June 29<sup>th</sup>

Session II: July 6<sup>th</sup> – July 27<sup>th</sup>

### Option 3: \$25

“Mommy/Daddy and Me”

For toddlers ages 2-3 **with a parent in the water**

Wednesday evening from 7:10 – 7:40 p.m.

Session I: June 8<sup>th</sup> – June 29<sup>th</sup>

Session II: July 6<sup>th</sup> – July 27<sup>th</sup>

## Level Descriptions

### Beginner 1:

For kids 4 years and up. An introduction class to swimming. Children will learn how to float on their backs, go underwater, learn the “swimming” arms, kicks, and more. The class is designed to build your child’s confidence and give them the basic fundamental skills they will need to swim.

### Beginner 2:

For kids 5 years and up that already know the basic skills and are ready to learn how to swim on their own. In this class swimmers will be taught how to swim freestyle along with building stamina and learning the elementary backstroke. Once a swimmer can swim 5-10 yards freestyle with side breathing they are ready for Intermediate 1.

### Intermediate 1:

This level is for the swimmer who can already swim freestyle and elementary backstroke, and is ready to learn more advanced skills including regular backstroke, breaststroke and diving.

### Mommy/Daddy and Me:

This class is designed to get your toddler comfortable in the water and to teach them basic skills for water safety.

*\* Please note that all classes will learn safety rules and there will be no more than 6 kids per instructor.*

In order to participate, the swimmer must **NOT** be afraid to put their face in the water.

Private lessons are available and encouraged for those swimmers not comfortable in the water or for those not wanting to participate in a group. Cost is \$15 per 30 min.session and you will need to schedule these through the Pool Manager, Jessica Laverty.

Payment is due in full on the first day of class with checks made payable to City of Alva.

For questions or more information please call Jessica Laverty at (580) 327-8063 or (405) 990-4118, or you can e-mail her at [jessikap@aol.com](mailto:jessikap@aol.com)

**Registration Deadline is no later than Friday, May 27<sup>th</sup>, 2011**

Please drop off the below registration/waiver at the ARC or mail to:  
Jessica Laverty  
27 Maple St.  
Alva, OK 73717

**Registration Form**

**Name of Child:** \_\_\_\_\_

**Age as of June 1, 2011:** \_\_\_\_\_

**Requested Option #:** \_\_\_\_\_ (see above descriptions)

**Requested Session #:** \_\_\_\_\_ (I: June 7<sup>th</sup> – July 30<sup>th</sup> or II: July 5<sup>th</sup> – July 28<sup>th</sup>)

**You are enrolling your child in which of the following classes? (Please circle one)**

**Beginner I**

**Beginner II**

**Intermediate I**

**Name of parent / guardian:** \_\_\_\_\_

**Address / City / Zip:** \_\_\_\_\_

**Home #:** \_\_\_\_\_ **Cell #:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

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**Release Form**

In consideration of the right and privilege to, and the use of the facilities for, participation in the City of Alva Swim Lesson program, extended to the below named child, I, the under signed parent or legal guardian of said child do hereby unconditionally release and forever discharge the said City of Alva, its officials, agents, employees, successors, and assigns, of and from any and all manner of actions, causes, and causes of action, suits, debts, controversies, executions, claims, demands for any and all injuries to said child and/or any damage to or loss of property arising or occasioned by the participation of said child in the City of Alva Swim Lesson program.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date