



Swim Lessons with FAST in Oro Valley

Lesson Times Tuesdays / Thursdays Afternoons	Session 6 August 2 – 26	Session 7 September 6 – 30	Session 8 October 4 – 28
4:00pm	Level: 1, 2	Level: 1, 2	Level: 1, 2
4:30pm	Level: 2, 3	Level: 2, 3	Level: 2, 3
5:00pm	Level: PT, 4	Level: PT, 4	Level: PT, 4
5:30pm	Level: 2, 3	Level: 2, 3	Level: 2, 3
6:00pm	Level: 1, 2	Level: 1, 2	Level: 1, 2
6:30pm	Level: 3, 4	Level: 3, 4	Level: 3, 4
Wednesdays / Fridays			
6:00pm	Level: 2, 3	Level: 2, 3	Level: 2, 3
6:30pm	Level: 1, 4	Level: 1, 4	Level: 1, 4

NO REFUNDS / MAKE-UP CLASSES WILL BE OFFERED DUE TO INCLEMENT WEATHER

Parent/Tot:

The goal of this level is to get children of ages 18 months to 3 years old comfortable in the water with both their parents and an instructor.

Level 1 (Ages 3-5)

They'll spend time on the steps while the instructor works with each child individually. This level swimmers will learn to:

- Fully Submerge Head
- Assisted Back Float
- Unassisted Front Float
- Spiderman Crawl
- Unassisted Pool Exit
- Unassisted Standing Jump Entry

Level 2 (Ages 4-7)

This level swimmers will learn:

- Unassisted Rhythmic Bobs
- Unassisted Back Float
- Unassisted Front Kick w/ Rhythmic Breathing
- Unassisted Back Kick
- Deep Water Object Recovery

Level 3 (Ages 6-9)

This level swimmers will learn:

- Freestyle Kick w/ Rhythmic Breath 20M
- Backstroke Kick 20M
- Freestyle Arm Action w/ Rhythmic Breaths 15M
- Backstroke Arm Action 15M
- Breast (Frog) Kick Motion
- Fly (Dolphin) Kick Motion

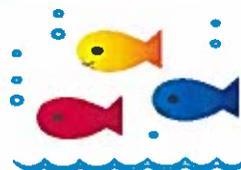
Level 4/Green Group (Ages 8-12)

This is the final swim lesson level at FAST. After completing this level, swimmers will be ready to join the Blue Group on the FAST swim team pending a coach evaluation. This level swimmers will learn:

- Freestyle Kick w/ Board 25M
- Streamline Backstroke Kick 25M
- Freestyle Swim w/ side breathing 25M
- Backstroke Swim 25M
- Breast Swim 25M
- Fly Kick 15M
- Front Dive w/ Glide

Sessions are:

- 30 minutes in length x 8 lessons
- Provided twice per week (Tuesday/Thursday or Wednesday/Friday)
- Limited to 4 swimmers or less per class to ensure plenty of one-on-one attention
- \$65/month



To register, please visit the Oro Valley Aquatic Center or call 520-297-7946 for more information.

***Level times are subject to change due to number of athletes**

FAST GROUP SWIM LESSONS REQUIREMENTS (FOR LEVEL DETERMINATION)

Parent / Tot: To be in this level swimmers are to be between the ages of 18 mo. and 3 years old. This level is primarily for younger children who are too young to be in group classes.

Level 1: To be in this level, swimmers are to be between the ages of 3 and 5 years old. This level is for swimmers who do not know how to back float or front float on their own. In this level if a child has never had any formal swim lessons, is uncomfortable with the water, is unable to sit on the steps away from mom or dad and cannot jump into the pool by themselves, this is where they would begin.

Level 2: To be in this level swimmers are to be between the ages of 4 and 7. If swimmers are unable to retrieve an object from the bottom of the pool on their own, they will be in this level. If the child is unable to do the following:

- Unassisted Rhythmic Bobs
- Unassisted Back Float
- Unassisted Front Kick w/ Rhythmic Breathing
- Unassisted Back Kick

Then they will be considered a Level 2 swimmer. In this level, the swimmer should be comfortable in the water and able to float on their own. If the swimmer is able to swim freestyle without any assistance and float on their own, along with retrieving objects from the bottom then they can proceed to level 3.

Level 3: This level is for swimmers ages 6-9 years old. This level swimmers should be able to demonstrate the kick for all four strokes. The swimmers should be able to swim at least 20M in the water unassisted. To be in this level swimmers should already know how to float unassisted (front and back), retrieve objects from the bottom of the pool, demonstrate basic freestyle motions (kick with rhythmic breathing). If swimmers know the four basic kicks but are unable to swim at least 20M then they would also be in this level.

Level 4: This level is for swimmers ages 8-12. In this level swimmers should be able to swim 25 yards unassisted demonstrating all four strokes. The swimmer should also be able to demonstrate streamline kicking on their back and kicking with a kick board. This level requires swimmers to be able to demonstrate a basic front dive from the side of the pool. This level is for swimmers who are just about ready to enter Blue Group.



ACTIVITY
FAST GROUP SWIM LESSONS
REGISTRATION FORM

THE COST WILL BE: \$65.00 PER CHILD
SESSION 7 – SEPTEMBER 6TH thru to SEPTEMBER 30TH, 2016

CLASSES WILL BE HELD: EVERY TUESDAY & THURSDAY – OR – EVERY WEDNESDAY & FRIDAY

TUESDAYS & THURSDAYS
(SELECT CHILD'S LEVEL)

LIST AS 1ST – 2ND – 3RD CHOICE:

- LEVEL 1 – (AGES 3 to 5) – 4:00 PM to 4:30 PM – Tuesdays & Thursdays _____
- LEVEL 1 – (AGES 3 to 5) – 6:00 PM to 6:30 PM – Tuesdays & Thursdays _____
- LEVEL 2 – (AGES 4 to 7) – 4:00 PM to 4:30 PM – Tuesdays & Thursdays _____
- LEVEL 2 – (AGES 4 to 7) – 4:30 PM to 5:00 PM – Tuesdays & Thursdays _____
- LEVEL 2 – (AGES 4 to 7) – 5:30 PM to 6:00 PM – Tuesdays & Thursdays _____
- LEVEL 2 – (AGES 4 to 7) – 6:00 PM to 6:30 PM – Tuesdays & Thursdays _____
- LEVEL 3 – (AGES 6 to 9) – 4:30 PM to 5:00 PM – Tuesdays & Thursdays _____
- LEVEL 3 – (AGES 6 to 9) – 5:30 PM to 6:00 PM – Tuesdays & Thursdays _____
- LEVEL 3 – (AGES 6 to 9) – 6:30 PM to 7:00 PM – Tuesdays & Thursdays _____
- LEVEL 4 – (AGES 8 to 12) – 5:00 PM to 5:30 PM – Tuesdays & Thursdays _____
- LEVEL 4 – (AGES 8 to 12) – 6:30 PM to 7:00 PM – Tuesdays & Thursdays _____
- LEVEL PT – (AGES 18 Months to 3) – 5:00 PM to 5:30 PM – Tuesdays & Thursdays _____

WEDNESDAYS & FRIDAYS
(SELECT CHILD'S LEVEL)

- LEVEL 1 – (AGES 3 to 5) – 6:30 PM to 7:00 PM – Wednesdays & Fridays _____
- LEVEL 2 – (AGES 4 to 7) – 6:00 PM to 6:30 PM – Wednesdays & Fridays _____
- LEVEL 3 – (AGES 6 to 9) – 6:00 PM to 6:30 PM – Wednesdays & Fridays _____
- LEVEL 4 – (AGES 8 to 12) – 6:30 PM to 7:00 PM – Wednesdays & Fridays _____

NOTE: LEVEL TIMES ARE SUBJECT TO CHANGE DUE TO NUMBER OF ATHLETES
MAKE-UP DATES AND/OR REFUNDS ARE NOT GIVEN IF CLASSES ARE CANCELLED DUE TO INCLEMENT WEATHER.

PARENT / GUARDIAN NAME: _____

1ST SWIMMER'S NAME: _____ DATE OF BIRTH: ___/___/___ LEVEL: _____

2ND SWIMMER'S NAME: _____ DATE OF BIRTH: ___/___/___ LEVEL: _____

3RD SWIMMER'S NAME: _____ DATE OF BIRTH: ___/___/___ LEVEL: _____

HOME ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: (____) _____ E-MAIL: _____

PARENT/GUARDIAN SIGNATURE: _____ DATE SIGNED: _____



Swim Lessons with FAST At the Oro Valley Aquatic Center LIABILITY WAIVER

For the Oro Valley Parks and Recreation: Program / Activity (Circle One)

List Above the Name of Program or Activity

I am aware that in signing up and participating in the aforementioned activity/program, I agree to voluntarily assume the full risk of any and all injuries, damage or loss, regardless of severity, that my minor child/ren-ward and/or I may sustain as a result of said participation.

I further agree to waive and relinquish all claims I and/or my minor child/ren-ward may have (accrue to me or my child/ren-ward) as a result of participating in this program/activity against the Town of Oro Valley, including all its officials, agents, volunteers and employees (hereafter collectively referred to as the, Town of Oro Valley).

I do hereby fully release and forever discharge The Town of Oro Valley from any and all claims for injuries, damages and/or loss that my minor child/ren-ward and/or I may have which may accrue to me and/or my minor child/ren-ward and arising out of, connected with, or in any way associated with this program/activity.

I have read and fully understand the above Hold Harmless Agreement and waiver and release of all claims. If registering online, my online agreement shall substitute for and have the same legal effect as an original form signature.

I hereby accept all the terms and conditions of this Hold Harmless Agreement and waiver and release of all claims.

Print Name of Child(ren) : _____

Print Name of Parent or Guardian: _____

Signature of Parent or Guardian: _____ DATE: _____