

# VALLEY AQUATIC CENTRE REGISTRATION FORM

Please fill out one per student per lesson

Registration for Swimming Lessons will take place at the Rink on Sunday June 4, 2017 from 1:00-3:30. Beginning June 5th registrations will be taken at the Valley Aquatic Centre during public swimming hours. To ensure a place in your chosen lesson full payment must be made.

Forms of payment include: Cash and Cheque. If paying by cheque, please make payable to the 'Town of Rosthern.' Post-dated cheques will not be accepted.

**Registration will only be accepted in-person and all payments must be made at the time of registration**

Registrant's Full Name:	
Parent/ Guardian:	
Birthdate:	
Address:	
City/ Province:	
Postal Code:	
Home Phone:	
Cell Phone:	
Email:	

Lesson Set:	
Level to Enroll In:	
Time:	

**\*\* STAFF ONLY \*\***

Total Amount (\$58.00 x # of classes: \_\_\_\_\_) Payment Method: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

## Lesson Set Descriptions

**Saturday & Sunday Lessons (July 8-30<sup>th</sup>):** Classes will be once a day on Saturday & Sunday Mornings for a total of 8 lessons

**Two Week Lesson Set (July 4-14<sup>th</sup> & July 8-18<sup>th</sup>):** Classes will be once a day Monday- Friday mornings. There will be no lessons on holidays (NO Class July 3<sup>rd</sup> & NO Class August 7<sup>th</sup>). There will be a total of 9 lessons in each set.

**One Week Lesson Set (July 17-21, July 24-28, July 31- August 4<sup>th</sup> & August 21-25<sup>th</sup>):** Classes will be EVERYDAY for time 'A', AND on Monday, Tuesday, & Thursday they will come for time 'B' for a total of 8 lessons in one week.

### Set A: July 4 - 14, 2017

#### Monday - Friday Mornings (9 Lessons)

Swim Kids 1	09:00-09:30
Salamander	09:05-09:35
Swim Kids 3	09:00-09:30
Sea Otter	09:35-10:05
Swim Kids 2	09:40-10:10
Swim Kids 1	09:35-10:05
Swim Kids 4	10:10-10:40
Sunfish/ Crocodile/ Whale	10:15-10:45
Sea Otter	10:10-10:40
Salamander	10:45-11:15
Sea Otter	10:50-11:20
Swim Kids 4	10:45-11:15
Swim Kids 5/6	11:20-12:05
Parented	11:25-11:55
Salamander	11:20-11:50
Swim Kids 7/8	12:10-12:55
Swim Kids 9/10	11:55-12:55
Level 2	11:55-12:25
Level 3	12:25-12:55

Classes will be once a day Monday- Friday mornings. There will be no lessons on holidays (NO Class July 3<sup>rd</sup>). There will be a total of 9 lessons in each set.

### Set B: July 8 - 30, 2017

#### Saturday & Sunday Mornings 8 Lessons

Sea Otter	09:00-09:30
Swim Kids 2	09:00-09:30
Swim Kids 1/2	09:30-10:00
Salamander	09:35-10:05
Swim Kids 1	10:05-10:35
Parented	10:10-10:40
Sunfish	10:40-11:10
Sea Otter	10:45-11:15
Salamander	11:15-11:45
Swim Kids 4	11:20-11:50
Swim Kids 5/6	11:45-12:30
Swim Kids 3	12:00-12:30

Classes will be once a day on Saturday & Sunday Mornings for a total of 8 lessons

### Set C: July 17 - 21, 2017

#### Monday- Friday Mornings 8 Lessons

Swim Kids 3	A: 9:00-9:30 & B: 11:00-11:30
Swim Kids 1	A: 9:05-9:35 & B: 11:05-11:35
Sun/Croc/Whale	A: 9:10-9:40 & B: 11:10-11:40
Salamander	A: 9:35-10:05 & B: 11:35-12:05
Swim Kids 2	A: 9:40-10:10 & B: 11:40-12:10
Swim Kids 4	A: 9:45-10:15 & B: 11:45-12:15
Swim Kids 1/2	A: 10:15-10:45 & B: 12:15-12:45
Sea Otter	A: 10:20-10:50 & B: 12:20-12:50
Parented	A: 10:25-10:55 & B: 12:25-12:55

Classes will be EVERYDAY for time 'A', AND on Monday, Tuesday, & Thursday they will come for time 'B' for a total of 8 lessons in one week.

### Set D: July 24 - 28, 2017

#### Monday - Friday Mornings 8 Lessons

Swim Kids 4	A: 9:00-9:30 & B: 11:00-11:30
Swim Kids 1	A: 9:05-9:35 & B: 11:05-11:35
Sea Otter	A: 9:10-9:40 & B: 11:10-11:40
Salamander	A: 9:35-10:05 & B: 11:35-12:05
Swim Kids 3	A: 9:40-10:10 & B: 11:40-12:10
Sun/Croc/Whale	A: 9:45-10:15 & B: 11:45-12:15
Swim Kids 2	A: 10:15-10:45 & B: 12:15-12:45
Sea Otter/Salamander	A: 10:20-10:50 & B: 12:20-12:50
Swim Kids 1/2	A: 10:25-10:55 & B: 12:25-12:55

Classes will be EVERYDAY for time 'A', AND on Monday, Tuesday, & Thursday they will come for time 'B' for a total of 8 lessons in one week.

### Set E: July 31- August 4, 2017

#### Monday - Friday Mornings 8 Lessons

Swim Kids 4	A: 9:00-9:30 & B: 11:00-11:30
Swim Kids 1	A: 9:05-9:35 & B: 11:05-11:35
Sea Otter	A: 9:10-9:40 & B: 11:10-11:40
Salamander	A: 9:35-10:05 & B: 11:35-12:05
Swim Kids 2	A: 9:40-10:10 & B: 11:40-12:10
Swim Kids 3/4	A: 9:45-10:15 & B: 11:45-12:15
Swim Kids 1/2	A: 10:15-10:45 & B: 12:15-12:45
Sun/Croc/Whale	A: 10:20-10:50 & B: 12:20-12:50
Swim Kids 3	A: 10:25-10:55 & B: 12:25-12:55

Classes will be EVERYDAY for time 'A', AND on Monday, Tuesday, & Thursday they will come for time 'B' for a total of 8 lessons in one week.

## **Set F: August 8 - 18, 2017**

### Monday - Friday 9 Lessons

Swim Kids 1	9:00-9:30
Swim Kids 4	9:05-9:35
Salamander	9:00-9:30
Sea Otter	9:35-10:05
Swim Kids 3	9:40-10:10
Swim Kids 1	9:35-10:05
Swim Kids 2	10:10-10:40
Sun/Croc/Whale	10:15-10:45
Sea Otter	10:10-10:40
Salamander	10:45-11:15
Swim Kids 3/4	10:50-11:20
Swim Kids 2	10:45-11:15
Swim Kids 5/6	11:20-12:05
Parented	11:25-11:55
Swim Kids 3	11:20-11:50
Swim Kids 7/8	12:10-12:55
Swim Kids 9/10	11:55-12:55
Swim Kids 4	11:55-12:25
Swim Kids ½	12:25-12:55

Classes will be once a day Monday- Friday mornings.

There will be no lessons on holidays (NO Class August 7<sup>th</sup>). There will be a total of 9 lessons in each set.

## **Set G: August 21 - 25, 2017**

### Monday - Friday 8 Lessons

Swim Kids 3	A: 9:00-9:30 & B: 11:00-11:30
Sea Otter	A: 9:05-9:35 & B: 11:05-11:35
Swim Kids 1	A: 9:10-9:40 & B: 11:10-11:40
Salamander	A: 9:35-10:05 & B: 11:35-12:05
Swim Kids 2	A: 9:40-10:10 & B: 11:40-12:10
Sea Otter	A: 9:45-10:15 & B: 11:45-12:15
Swim Kids 4	A: 10:15-10:45 & 12:15-12:45
Sun/Croc/Whale	A: 10:20-10:50 & 12:20-12:50
Salamander	A: 10:25-10:55 & 12:25-12:55

Classes will be EVERYDAY for time 'A', AND on Monday, Tuesday, & Thursday they will come for time 'B' for a total of 8 lessons in one week.

# VALLEY AQUATIC CENTRE AQUATIC INFORMATION

## Red Cross Swimming Lessons

Are you a new participant to swimming lessons, and unsure what level to register in? Please follow these Red Cross guidelines for registration.

<b>If They are:</b>	<b>Register In:</b>
4-12 months and able to hold their head up and participating with parent or caregiver	Starfish
12-24 months and participating with parent or caregiver	Duck
24-36 months and participating with parent or caregiver	Sea Turtle
3-5 years of age and just starting without parent or caregiver	Sea Otter
3-5 years and can independent move and float in water, gets eyes and face wet without goggles	Salamander
3-5 years and can float independently and glide on the front and back for 2m independently	Sunfish
3-5 years and can float on front and back in deep water, do surface support for 5 seconds and swim a distance of 5m with front, back and rollover glides	Crocodile
3-5 years and can float/move in deep water, flutter kick, do surface support for 10 seconds and swim 10 meters	Whale
6 years or older. Just starting out in swimming lessons, or have turned 6 after completing Sea Otter or Salamander	Level 1
6 years or older. Can float unassisted on front and back for 3 seconds, can glide with kick for 5 meters or have turned 6 after completing Sunfish or Crocodile	Level 2
6 years or older. Is comfortable in deep water, front swim for 5 meters and swim 10 meters continuously or have turned 6 after completing Whale	Level 3
Are comfortable floating and moving independently in deep water, can swim front swim at least 10 meters while recovering arms above water, and can perform a front/side combination, exhaling on front and inhaling in the side glide position for 10 meters	Level 4
Can tread water for 45 seconds, swim front crawl at least 10 meters with arms recovering above the water and swim 25 meters continuously	Level 5
Can tread water for 1 minute, swim efficient front and back crawl at least 15 meters, perform whip kick on back at least 10 meters and swim 50 meters continuously	Level 6
Can swim front and back crawl at least 25 meters, swim coordinated elementary backstroke at least 15 meters and swim 75 meters continuously	Level 7
Can swim front and back crawl at least 50 meters, swim elementary backstroke for 25 meters and perform whip kick on front for 15 meters and swim 150 meters continuously	Level 8
Can swim front/back crawl at least 75 meters, swim elementary backstroke for 25 meters and breaststroke for 15 meters, and swim 300 meters continuously	Level 9
Can swim front/back crawl at least 100 meters, swim elementary backstroke for 50 meters, breaststroke at least 25 meters and swim 400 meters continuously	Level 10