

Summer Swim Registration

Child's Name (s): _____ Ages: _____ Birth Date _____

Parent's Name _____

Address _____

Phone _____ Email _____

Swimmer's Level _____ Time: 12:15 1:00 1:45 2:30 3:15 4:00

June 21-24, June 28-July 1, July 5-8, July 12-15, July 19-22, July 26-30

Member Number: _____ Check/Cash: _____ August 2-5, August 9-12



Scott Valley Swimming & Tennis Club
50 Underhill Road
Mill Valley, CA 94941

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50 Underhill Rd.
Mill Valley, CA 94941
(415) 383-3483 Office
Paul Stasiowski, Aquatics Director
www.svstc.com

Scott Valley
Summer Swim
School

June 21-August 14
Ages 3 and Up





Scott Valley Swimming & Tennis Club Summer Swim School

Aquatics Director: Paul Stasiowski, Aquatics Director



Summer is all about swimming!

Cost:

\$70 per week Monday-Thursday (members)
\$95 per week (non-members)

Lesson Times are:

12:15-12:45
1:00-1:30pm
1:45-2:15
2:30-3:00
3:15-3:45
4:00-4:30

All Lessons are Monday-Thursday

Level 1 Group 2:1 ratio
Level 2 Group 3:1 ratio
Level 3 Group 4:1 ratio

Level 1: Beginners (3-5 years old)

- Water Safety
- stomach and back floating
- Breath Control (rhythm breathing)
- Introduce the beginning freestyle and backstroke
- Kicking

This class is intended to teach basic skills. The goal is to teach breath control, comfort in the water, basic floatation and swimming

Level 2: Intermediate (4-7 year olds)

- Water Safety
 - Balanced kicking on stomach and back
 - Breathe Control (rhythm breathing)
- Freestyle (arm strokes with side breathing)
- Backstroke

Swimmers must be able to float comfortably. This class will teach propulsive movements in the water. We will introduce basic stroke technique for freestyle, and backstroke. The goal of this class is to get the swimmer to swim unassisted freestyle or backstroke 15-25 yards.

Level 3: Intermediate/Advance (6-10 years old)

Swimmers in this group are taught the basics of the 4 competitive strokes. Swimmers must be comfortable in the water and must be able to swim unassisted 15 yards across the pool.

We will work on refining their freestyle and backstroke technique and introduce breaststroke, butterfly and diving.

Swim Team Group Lessons Help refine your starts, strokes and turns.



BE SURE TO READ AND SIGN BELOW



I authorize my child/children named below over whom I have legal custody to participate in the activity or program listed above. I understand that certain risks and dangers exist which are inherent in this type of activity or program and any transportation to and from the activity. I understand that these risks include injury or fatality and loss of or damage to my personal property. In consideration of and as part payment for my child/children named below to participate in the activity, program and/or transportation, I hereby accept any and all risks, including risk of injury or death and release the Scott Valley Swimming and Tennis Club and all officers, directors, employees, staff and independent contractors from any liability in connection with the activity, program or transportation and on behalf of myself and my child/children release those parties from all liability in connection therewith except gross negligence or willful and wanton behavior.

I have read this agreement carefully and fully understand its contents. It is a legal document and I know I may consult a lawyer prior to signing it. I am aware that I am giving up my child's/children's rights to sue in the event of injury, death or loss of property except for gross negligence or willful and wanton behavior.

Parent/Guardian Signature: _____

Date: _____