

Student Information (one form per student please)

Student Name: _____

DOB (must be 32 months or older and potty-trained): _____

Age: _____

Parent or Guardian Name(s): _____

Address: _____

City, Zip: _____

Student Phone: _____

Email Address: _____

Session Dates (please mark all that apply)

Time Slots (write in first and second choices)

Classes are held Monday - Thursday only. Sessions are two weeks in length.

Session 1: June 15- June 25

10:00 am - 10:30 am

Session 2: June 29-July 9

10:35 am - 11:05 am

Session 3: July 13 - July 23

11:10 am - 11:40 am

Session 4: July 27 - August 6

11:45 am - 12:15 pm

Session 5: August 10- August 20

5:00 pm - 5:30 pm

5:35 pm - 6:05 pm

Class Level _____

Please refer to page 2. Instructors may reassign class level on first day of class based upon student's skill level.

Fee Schedule

Level 1, 2, 3, 4, or 5 / Stroke Analysis Class: \$65/person for members (\$80 /person for non-members)

Private Lesson: \$21/person for members (\$26 /person for non-members)

Please send this completed form along with a check made payable to "Westgate Cabana Club" to the address below or place in cabana drop box. Confirmations will be made via email. \$10 cancellation fee will apply within one week of the first class day.

Please note toddler pool is not available during morning lessons.

Westgate Cabana Club Swim Lesson Levels and Skills

The skills that we teach at Westgate Cabana are listed below. Students can be reassessed on the first day of lessons.

<p>Level 1</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fully submerge head and face for 3 seconds <input type="checkbox"/> Bubble blowing 5 times in a row <input type="checkbox"/> Supported floating on front <input type="checkbox"/> Supported floating on back <input type="checkbox"/> Supported front kicking <input type="checkbox"/> Supported back kicking <input type="checkbox"/> Submerged paddling to instructor, 5 strokes <input type="checkbox"/> Bounce up & down with head under, 10 times <input type="checkbox"/> Jump from side of pool with help <input type="checkbox"/> Climb out of water unassisted <input type="checkbox"/> Enter near deep end and move to shallow end <input type="checkbox"/> Retrieve objects 	<p>Level 5</p> <ul style="list-style-type: none"> <input type="checkbox"/> Master rotary breathing <input type="checkbox"/> Freestyle for 50 yards <input type="checkbox"/> Backstroke for 50 yards <input type="checkbox"/> Breaststroke for 25 yards <input type="checkbox"/> Butterfly for 25 yards <input type="checkbox"/> Swim underwater for width of pool <input type="checkbox"/> Freestyle flip turn <input type="checkbox"/> Tread water for 3 minutes <input type="checkbox"/> Sculling for ½ width of pool
<p>Level 2</p> <ul style="list-style-type: none"> <input type="checkbox"/> 10 bobs in deep water <input type="checkbox"/> Jump into shallow water, unassisted <input type="checkbox"/> Jump into deep water, assisted <input type="checkbox"/> Unsupported floating on front <input type="checkbox"/> Unsupported floating on back <input type="checkbox"/> Swim ½ width of pool to instructor <input type="checkbox"/> Front glide with kick <input type="checkbox"/> Back glide with kick <input type="checkbox"/> Submerge and retrieve objects from water <input type="checkbox"/> Explore deep water with support <input type="checkbox"/> Hold breath under water for 5 seconds 	<p>Stroke Analysis</p> <p>Freestyle</p> <ul style="list-style-type: none"> <input type="checkbox"/> Streamline <input type="checkbox"/> Head <input type="checkbox"/> Arms <input type="checkbox"/> Legs <input type="checkbox"/> Body roll <input type="checkbox"/> Breathing <input type="checkbox"/> Flip turn <input type="checkbox"/> Pacing <p>Breaststroke</p> <ul style="list-style-type: none"> <input type="checkbox"/> Streamline <input type="checkbox"/> Pull down <input type="checkbox"/> Head <input type="checkbox"/> Arms <input type="checkbox"/> Legs <input type="checkbox"/> Breathing <input type="checkbox"/> Turn <input type="checkbox"/> Pacing <p>Backstroke</p> <ul style="list-style-type: none"> <input type="checkbox"/> Streamline <input type="checkbox"/> Head <input type="checkbox"/> Arms <input type="checkbox"/> Legs <input type="checkbox"/> Body roll <input type="checkbox"/> Breathing <input type="checkbox"/> Flip turn <input type="checkbox"/> Pacing <p>Butterfly</p> <ul style="list-style-type: none"> <input type="checkbox"/> Streamline <input type="checkbox"/> Head <input type="checkbox"/> Arms <input type="checkbox"/> Legs <input type="checkbox"/> Breathing <input type="checkbox"/> Turn <input type="checkbox"/> Pacing
<p>Level 3</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bob in deep water to travel to safety 15 times <input type="checkbox"/> Jump into deep water unassisted <input type="checkbox"/> Dive from side of pool kneeling and compact <input type="checkbox"/> Front glide with push off, 2 body lengths <input type="checkbox"/> Back glide with push off, 2 body lengths <input type="checkbox"/> Swim width of pool, freestyle <input type="checkbox"/> Swim width of pool, backstroke <input type="checkbox"/> Introduction to breaststroke <input type="checkbox"/> Reverse direction while swimming, front and back <input type="checkbox"/> Tread water for 45 seconds 	
<p>Level 4</p> <ul style="list-style-type: none"> <input type="checkbox"/> Develop rotary breathing <input type="checkbox"/> Standing front dive <input type="checkbox"/> Stride jump <input type="checkbox"/> Freestyle for 25 yards <input type="checkbox"/> Backstroke for 25 yards <input type="checkbox"/> Introduction to butterfly arms <input type="checkbox"/> Butterfly kick for width of pool <input type="checkbox"/> Breaststroke kick for width of pool <input type="checkbox"/> Open turn front and back <input type="checkbox"/> Tread water, 90 seconds <input type="checkbox"/> Swim underwater for width of pool 	