



2019 SWIMMING LESSONS REGISTRATION FORM

Swimming Registration Dates:

Wednesday, June 12th from 6:30 – 8:30 PM & Wednesday, June 19th from 4:30 to 6:30 PM

**** Registration Nights are held at the Pool. Pool Staff will be available to answer any questions ****

PERSONAL INFORMATION

Last Name _____ First Name _____

Birthday (dd/mm/yyyy) _____ Telephone # _____

Home Address _____

Parents Names _____ Email: _____

Emergency Contact Info _____

Health Issues/Concerns _____

RED CROSS SWIM KIDS LEVELS (Program Level Registration Guide on back of form)

Level 1 ___ \$70.00 Level 2 ___ \$70.00 Level 3 ___ \$70.00 Level 4 ___ \$70.00

Level 5 ___ \$75.00 Level 6 ___ \$75.00 Level 7 ___ \$75.00 Level 8 ___ \$75.00

Level 9 ___ \$80.00 Level 10 ___ \$80.00

Family Rate: \$180.00 (Maximum of 3 Children) ___

RED CROSS SWIM PRESCHOOL LEVELS (Program Level Registration Guide on back of form)

Starfish ___ \$40.00 Duck ___ \$40.00 Sea Turtle ___ \$40.00 Sea Otter ___ \$40.00

Salamander ___ \$40.00 Sunfish ___ \$40.00

SWIMMING LESSONS SESSION DATES

Public Session 1 ___ July 8, 9, 10, 11, 12, 15, 16, 17, 18, 19 8:30 – 11:00 a.m.

Public Session 2 ___ July 22, 23, 24, 25, 26, 29, 30, 31, August 1, 2 8:30 – 11:00 a.m.

Public Session 3 ___ August 12, 13, 14, 15, 16, 19, 20, 21, 22, 23 8:30 – 11:00 a.m.

**** Private Sessions are Available for an additional \$25.00 (per registrant)**

**** Limited Availability**

Private Session 1 ___ July 2, 3, 4, 5, 6 (Saturday in lieu of Canada Day) 8:30 – 11:00 a.m.

Private Session 2 ___ July 2, 3, 4, 5, 6 (Saturday in lieu of Canada Day) 5:00 – 6:00 p.m.

Private Session 3 ___ July 8, 9, 10, 11, 12 5:00 – 6:00 p.m.

Private Session 4 ___ July 15, 16, 17, 18, 19 5:00 – 6:00 p.m.

Private Session 5 ___ July 22, 23, 24, 25, 26 5:00 – 6:00 p.m.

Private Session 6 ___ July 29, 30, 31, August 1, 2 5:00 – 6:00 p.m.

Private Session 7 ___ August 6, 7, 8, 9, 10 (Saturday in lieu of Civic Holiday) 8:30 – 11:00 a.m.

Private Session 8 ___ August 6, 7, 8, 9, 10 (Saturday in lieu of Civic Holiday) 5:00 – 6:00 p.m.

Private Session 9 ___ August 12, 13, 14, 15, 16 5:00 – 6:00 p.m.

Private Session 10 ___ August 19, 20, 21, 22, 23 5:00 – 6:00 p.m.

Private Session 11 ___ August 26, 27, 28, 29, 30 8:30 – 11:00 a.m.

Private Session 12 ___ August 26, 27, 28, 29, 30 5:00 – 6:00 p.m.

Lucknow Recreation Department refund policy: No refunds will be given once a course has started. If registered participant cancels within 48 hrs prior to the first lesson of the program, a refund less \$ 20.00 administration fee will be given. If the course is cancelled by the Lucknow Recreation Department, a full refund will be given.

Consent: This consent recognizes that all reasonable precautions will be taken to prevent accidents or injuries. Permission is given to allow supervisors or team management to seek emergency medical treatment.

Approvals: I hereby give permission for my child to participate in THE LUCKNOW SWIM PROGRAM for the current season.

Photo Release: I authorize the use of any photo taken while participating in the above program.

Signature of Parent/Guardian

Date

Program Level Registration Guide – Red Cross Swim Kids & Red Cross Swim Preschool

Level	Participant requirement to register	In this level
Red Cross Swim Kids 1	At least 5 years of age, no previous swimming experience required	Swimmers develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits, and swim 5 metres.
Red Cross Swim Kids 2	At least 5 years of age, successful completion of the skills in Red Cross Swim Kids 1	Swimmers learn front and back glide with flutter kick, develop front swim, complete deep-water activities (assisted) and swim 10 metres continuously.
Red Cross Swim Kids 3	At least 5 years of age, successful completion of the skills in Red Cross Swim Kids 2	Swimmers increase their distance on front and back glide with flutter kick, perform flutter kick unassisted, wear a PDF in deep water, float in deep water, and swim 15 metres continuously.
Red Cross Swim Kids 4	At least 5 years of age, successful completion of the skills in Red Cross Swim Kids 3	Swimmers learn back swim with shoulder roll and front crawl (10m), work on flutter kick on back, perform kneeling dive, introduction to sculling and swim 25 metres continuously.
Red Cross Swim Kids 5	At least 5 years of age, successful completion of the skills in Red Cross Swim Kids 4	Swimmers develop front crawl (15m), learn back crawl (15m) and whip kick on back, learn stride dive and treading water, perform head-first sculling on back, and swim 50 metres continuously.
Red Cross Swim Kids 6	At least 5 years of age, successful completion of the skills in Red Cross Swim Kids 5	Swimmers increase their distance on front and back crawl (25m), learn elementary back stroke (15m), learn dolphin kick, tread water in deep water, perform front dive, and swim 75 metres continuously.
Red Cross Swim Kids 7	At least 5 years of age, successful completion of the skills in Red Cross Swim Kids 6	Swimmers increase their distance on front and back crawl (50m) and elementary back stroke (25m), learn front scull, perform whip kick on front and dolphin kick, learn stride entry and swim 150 metres continuously.
Red Cross Swim Kids 8	At least 5 years of age, successful completion of the skills in Red Cross Swim Kids 7	Swimmers increase their distance on front and back crawl (75m) and elementary back stroke (25m), learn breast stroke (15m), learn eggbeater/tread water, perform feet-first surface dive and standing shallow dive, and swim 300 metres continuously.
Red Cross Swim Kids 9	At least 5 years of age, successful completion of the skills in Red Cross Swim Kids 8	Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (25m), learn sidestroke kick, perform head-first surface dive, and swim 400 metres continuously.
Red Cross Swim Kids 10	At least 5 years of age, successful completion of the skills in Red Cross Swim Kids 9	Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (50m), learn sidestroke (25m), perform dolphin kick (vertical), learn feed and head-first surface dives with underwater swim, and swim 500 metres continuously.
Red Cross Swim Preschool Starfish (Parent assisted)	4 – 12 months of age, able to hold their head up, and participating with a parent or caregiver (assisted)	Babies and their caregivers work on getting wet, buoyancy and movement, front, back and vertical position in the water, and shallow water entries and exits.
Red Cross Swim Preschool Duck (Parent assisted)	12 – 24 months of age, participating with a parent or caregiver (assisted)	Babies and their caregivers work on rhythmic breathing, moving forward and backward, front and back float with recovery, and shallow water entries and exits.
Red Cross Swim Preschool Sea Turtle	24 – 36 months of age, participating with or without a parent or caregiver	Toddlers and their caregivers work on submersion, front and back floats and glides, jumping into chest-deep water with assistance, kicking on front and front swim.
Red Cross Swim Preschool Sea Otter	3 – 5 years of age	Swimmers work on front and back floats and glides, kicking on front with a buoyant object, and will be able to swim 1 metre upon completion of this level.
Red Cross Swim Preschool Salamander	3 – 5 years of age, successful completion of the skills in Red Cross Swim Preschool Sea Otter	Swimmers work on improving their front and back float and jumping into chest-deep water unassisted. Kicking is added to the front and back glide and swimmers will be able to swim 2 metres upon completion.
Red Cross Swim Preschool Sunfish	3 – 6 years of age, successful completion of the skills in Red Cross Swim Preschool Salamander	Swimmers work on kicking and can perform glides (front and back), enter deep water safely, float in deep water, swim with a PFD, and swim 5 metres continuously.

Transfer Red Cross Swim Preschool to Red Cross Swim Kids

If they took Red Cross Swim Preschool:	The level was marked:	Enroll them in Red Cross Swim Kids:
Starfish Level	Complete or incomplete	1
Duck Level	Complete or incomplete	1
Sea Turtle Level	Complete or incomplete	1
Sea Otter Level	Complete or incomplete	1
Salamander Level	Complete or incomplete	1
Sunfish Level	Incomplete	1
Sunfish Level	Complete	2