



Private Swim, Tennis
and Recreation Club

Zena Recreation Park
PO Box 688
Woodstock NY 12498
zenarec.com

2020 Zena Rec Park Swim Lesson Registration
Session 3 - 8 Lessons
August 10-19th Mon-Fri and Mon-Wed.

Child's name:				Age:	
Guardian's name:					
Phone #:				Cell Phone #	
Email:					
Emergency Contact					
SESSION ONE-August 10th - 19th					
SELECT	TIME	LEVEL	Member \$	Non member \$	TOTAL
	10:30-11:05	Level 3	\$ 85	\$150	
	10:30-11:05	Level 4	\$ 85	\$150	
	11:15-11:50	Level 3 and 4 combo	\$ 85	\$150	
	11:15-11:50	Level 5 and 6 combo	\$ 85	\$150	
SUB TOTAL					
TAX ----x8%					
GRAND TOTAL					

All lessons will be billed through Wild Apricot. Invoices will be sent to email provided on this form. Please have the invoice paid prior to the first lesson. Thank you in advance.



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FOR PARENT OR GUARDIANS

I understand that there will not be refunds or make-up lessons for sessions paid for and not attended due to weather or missed sessions. _____(initial)

I understand payment is due in full by the start of the first lesson. If payment is not received, my child can be dropped from the class. _____(initial)

I understand that if there is a waiting list for the class and my child is not in attendance the first two days of lessons, that they can be dropped from the class to provide the space to another swimmer _____ (initial)

I, the parent/guardian of the above named child hereby give approval for the participation in Zena Recreation Park Swim Lessons. I also state that the above named has been examined by a physician and found to be in good health and fit for swimming lessons. In case of emergency, I hereby authorize another available physician to treat my child (children).

Signature of Parent/Guardian

Date

Swim Level Checklist

Group could change upon instructor evaluations

Level 3 – Stroke Development – Age: 5-6+

Swimmers should already be comfortable swimming front stroke and swimming on their back. Swimmers will work on: gliding, freestyle with side breathing, backstroke, breast stroke and dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water and compact dives.

Level 4 – Stroke Improvement – Age: 7+

Swimmers should already be able to: swim front and back crawl 25 yards. Swimmers will work on: rotary breathing, freestyle, backstroke, elementary backstroke, scissors kick and sidestroke, whip kick and breaststroke, intro to turning at wall, treading water with modified scissors, and diving in kneeling position.

Level 5 – Stroke Refinement – Age: 8+

Swimmers should already be able to: swim freestyle, breaststroke and backstroke 25 yards, scissors kick, whip kick, treading water, and dive.

Level 6 – Swimming & Skill Proficiency – Ages: 9-11+

Swimmers should already be able to: swim front and back crawl 50 yds, elementary backstroke 25 yards, breaststroke 25 yards, butterfly 25 yards, sidestroke 10 yards, tread water for 3 minutes, and dive.