



Private Swim, Tennis  
and Recreation Club

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

## 2020 Zena Rec Park Swim Lesson Registration

<b>Child's name:</b>		<b>Age:</b>	
<b>Guardian's name:</b>			
<b>Phone #:</b>		<b>Cell Phone #</b>	
<b>Email:</b>			
<b>Emergency Contact</b>			
<b>SESSION ONE-June 29- July 2 and July 6-9</b>		<b>Monday - Thursdays (Weather make-up days are Fridays)</b>	
<b>SELECT</b>	<b>TIME</b>	<b>LEVEL</b>	<b>Member \$</b>
	10:15-10:45	Level 2- Learn to Swim	\$ 60
	10:15-10:45	Level 3- Learn to Swim	\$ 60
	10:15-10:45	Level 4	\$ 60
	10:15-10:45	Level 5	\$ 60
	11:00-11:30	Preschool age 3+ 4	\$ 60
	11:00-11:30	Level 1 Learn to Swim	\$ 60
	11:00-11:30	Level 6-Stroke Refinement	\$ 60
<b>SESSION TWO- July 13 -16 and July 20-23</b>		<b>Monday - Thursdays (Weather make-up days are Fridays)</b>	
<b>SELECT</b>	<b>TIME</b>	<b>LEVEL</b>	<b>Member \$</b>
	10:15-10:45	Level 2- Learn to Swim	\$ 60
	10:15-10:45	Level 3- Learn to Swim	\$ 60
	10:15-10:45	Level 4	\$ 60
	10:15-10:45	Level 5	\$ 60
	11:00-11:30	Preschool age 3+ 4	\$ 60
	11:00-11:30	Level 1 Learn to Swim	\$ 60
	11:00-11:30	Parent -TOT class	\$ 60
<b>SESSION THREE- July 27 -30 and Aug 3-6</b>		<b>Monday - Thursdays (Weather make-up days are Fridays)</b>	
<b>SELECT</b>	<b>TIME</b>	<b>LEVEL</b>	<b>Member \$</b>
	10:15-10:45	Level 2-Learn to Swim	\$ 60
	10:15-10:45	Level 3- Learn to Swim	\$ 60
	10:15-10:45	Level 4	\$ 60
	10:15-10:45	Level 5	\$ 60
	11:00-11:30	Preschool age 3+ 4	\$ 60
	11:00-11:30	Level 1 Learn to Swim	\$ 60
<b>SUB TOTAL</b>			
TAX ----x8%			
<b>GRAND TOTAL</b>			

Amount Paid \_\_\_\_\_

Check # \_\_\_\_\_

Credit approval # \_\_\_\_\_

Cash \_\_\_\_\_

Please Check and sign back of form

## 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).

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**Signature of Parent/Guardian**

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**Date**

### Learn to Swim Levels Quick Reference

#### **Level 1 – Introduction to Water Skills – Age: 3-4+**

For the beginner who is comfortable in the water. Swimmers learn basics of swimming: bobbing, going under water, supported front and back floating, supported rolling over from front to back and back to front, supported gliding , supported flutter kick, supported front crawl arms and jumping in.

#### **Level 2 – Fundamental Aquatic Skills – Age: 4-5+**

Swimmers should already be able to float on front and back and put head under water. Swimmers will work on: independent front and back floating , independent rolling over from front to back and back to front, independent front and back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.

#### **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.