



Private Swim, Tennis
and Recreation Club

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

2022 Zena Rec Park Swim Lesson Registration

Child's name:		Age:	
Guardian's name:			
Phone #:		Cell Phone #	
Email:			
Emergency Contact			
SESSION ONE-June 27- July 1 and July 4-7		Monday - Thursdays (Weather make-up days are Fridays)	
SELECT	TIME	LEVEL	Member \$
	10:30-11:05	Level 1- Learn to Swim	\$ 85
	10:30-11:05	Level 2- Learn to Swim	\$ 85
	10:30-11:05	Level 3- Learn to Swim	\$ 85
	11:15-11:50	Level 4	\$ 85
	11:15-11:50	Preschool age 3+ 4	\$ 85
	11:15-11:50	Level 1 Learn to Swim	\$ 85
SESSION TWO- July 11-14 and July 18-21		Monday - Thursdays (Weather make-up days are Fridays)	
SELECT	TIME	LEVEL	Member \$
	10:30-11:05	Level 2- Learn to Swim	\$ 85
	10:30-11:05	Level 3- Learn to Swim	\$ 85
	10:30-11:05	Level 5	\$ 85
	11:15-11:50	Level 2- Learn to Swim	\$ 85
	11:15-11:50	Preschool age 3+ 4	\$ 85
	11:15-11:50	Level 1 Learn to Swim	\$ 85
SESSION THREE- July 25 -28 and Aug 1-4		Monday - Thursdays (Weather make-up days are Fridays)	
SELECT	TIME	LEVEL	Member \$
	10:30-11:05	Parent -TOT class	\$ 85
	10:30-11:05	Level 2-Learn to Swim	\$ 85
	10:30-11:05	Level 3- Learn to Swim	\$ 85
	11:15-11:50	Level 1 Learn to Swim	\$ 85
	11:15-11:50	Level 3-4 Combo	\$ 85
	11:15-11:50	Level 5-6 Combo	\$ 85
SUB TOTAL			
TAX ----x8%			
GRAND TOTAL			

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).

Signature of Parent/Guardian

Date

[Learn to Swim Levels Quick Reference](#)

Level Parent Tot – Intro to Water Skills – Age: 1-2+ *Parent are required to accompany swimmers into the pool*

Parent and child work together to develop the foundational skills crucial for learning to swim and promote safety in the water. Starting at 8 months old to 36 months. Classes have a student to teacher ratio of up to 6 parent/student combos to 1 instructor.

Level Preschool – Intro to Water Skills – Age: 3-4

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

Level 1 – Introduction to Water Skills – Age: 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: 5-6+

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: 6-8+

Should be able to swim at 25 yards nonstop (doggy paddle ok)

Swimmers should already be comfortable swimming the 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+

Able to Swim (min. 25 yard crawl non-stop)

Swimmers should already be able to: swim front and back crawl 25 yards. Goal- 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: 9-12

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.