

# Moraga Valley Swim and Tennis Club

## Learn to Swim Lesson Registration, Fall 2018

*Deliver to the Pool Office*    NOTE: Please complete a registration form for each student.

Student's Name \_\_\_\_\_ Age \_\_\_\_\_ Member # \_\_\_\_\_  
First Last

Parent's Name \_\_\_\_\_ Home Telephone # \_\_\_\_\_  
First Last

E-mail Address \_\_\_\_\_ Work/Cell Telephone # \_\_\_\_\_

**Course Information:** Complete and return your registration form with payment. Payment must be received prior to the first class of a session. *No pro-rating, no refunds for missed days, unless MVP cancels the lesson.* Confirmation will be sent via text or email.

Lessons are available generally from 10 AM to 3:40 PM (exceptions by special arrangement possible) in blocks of four 20 minute lessons (M/T/W/Th) or blocks of two 20 minute lessons (M/T or W/Th). Lessons start on the hour, 20 minutes past the hour, or 40 minutes past the hour (for example, 10:00, 10:20, or 10:40 AM).

Offered weeks of:

Fees:

Sept 10
Sept 17
Sept 24

Category	2 Lesson Block	4 Lesson Block
Member	\$80	\$130
Guest	\$90	\$150

**DIRECTIONS:** For each desired week, fill in the preferred time and an alternate. Should the desired time be unavailable, the alternate time will be considered. See the reverse side/page 2 for swim level explanations or contact the Swim Program Director for further assistance, [swimlessons@moragavalleypool.org](mailto:swimlessons@moragavalleypool.org).

WEEK OF	LESSON TIME PREFERRED	LESSON TIME ALTERNATE	# OF LESSONS (2 OR 4)	M/T OR W/TH (FOR 2 LESSON BLOCKS ONLY)	SWIM LEVEL	COMMENTS

DATE RECEIVED	FORM OF PAYMENT	AMOUNT

I hereby waive all claims against the Moraga Valley Swim and Tennis Club (MVP) and/or its employees for personal injury to my child, or myself while participating in the above MVP Program(s). I further agree to indemnify and hold harmless the MVP and/or its employees from any claim or claims for personal injury or property damage against said entity arising from any activity by my child, or myself which causes such injury or damage. I hereby authorize qualified physicians to render medical treatment or care that they may deem necessary for my child, or myself in case of illness or accident during such program(s).

FOR OFFICE USE ONLY

Signature \_\_\_\_\_ Date \_\_\_\_\_

### **The six learn-to-swim levels include:**

- **Level 1**—Introduction to Water Skills. Helps students feel comfortable in the water and to enjoy the water safely.
- **Level 2**—Fundamental Aquatic Skills. Gives students success with fundamental skills.
- **Level 3**—Stroke Development. Builds on the skills in Level 2 by providing additional guided practice.
- **Level 4**—Stroke Improvement. Develops confidence in the strokes previously learned and to improve other aquatic skills.
- **Level 5**—Stroke Refinement. Provides further coordination and refinement of strokes.
- **Level 6**—Swimming and Skill Proficiency. Refines the strokes so students swim them with ease, efficiency and power over greater distances.

### **What to bring to your lesson:**

Bathing suit & towel (of course!), goggles that fit, a swim cap or hair band for long hair, and a big smile!

### **Things to know:**

- Lessons are conducted regardless of weather (lightning storms and/or pool closures are the only exceptions).
- Your child should be neither hungry nor extremely full before swimming lessons.
- Personal floatation devices are prohibited during all swim classes.
- If your child is prone to chill or has long hair (shoulder length or longer), we highly recommend s/he wear a bathing cap.
- We encourage your child to practice skills learned in class...outside of class times.
- Try to attend every lesson...frequency is the key to learning.
- Be supportive of your children. Learning to swim can be very difficult (even getting in the water!).
- **Remember that fear is learned.** If you are hesitant or fearful of your child in the water, your child will generally acquire your fearful attitude. Your child's progress and enjoyment can be enhanced when you and your child are enthusiastic about swimming.
- Most important of all...have fun learning!

### **The following policies are in place to ensure the safety and benefit of participants and MVP Staff:**

1. Pool rules and policies must be observed at all times.
2. An adult guardian must be on location during their child's schedule lesson.
3. During lessons parents/observers are asked to remain in the areas designated for watching/waiting. The deck surrounding the lesson area is to remain clear during lessons.
4. Parents can enhance the learning environment by quietly observing lessons without creating distractions.