

Participant's Name _____

Address _____

Phone _____ Age _____ DOB _____ Sex _____

Existing Medical Conditions _____

Emergency Contacts:

1. Parent/Guardian _____ Phone _____

2. Parent/Guardian _____ Phone _____

See back for level descriptions and age requirements. Register on a first-come, first-served basis.

Summer, June 30 – July 31			
Ages 5-12		Ages 3-5	
Mondays & Wednesdays	Tuesdays & Thursdays	Mornings with Miss Annie Mondays & Wednesdays	Tot Afternoons Tuesdays & Thursdays
4:15-5:00 pm _____ Level 1 _____ Level 3 _____ Level 5 5:15-6:00 pm _____ Level 2 _____ Level 4 _____ Level 6	4:15-5:00 pm _____ Level 2 _____ Level 3 5:15-6:00 pm _____ Level 1 _____ Level 4	9:30-10:00 am _____ Parent & Tot 10-10:30 am _____ Tot 1 10:30-11 am _____ Tot 2 11-11:30 am _____ Tot 3	4:00-4:30 pm _____ Tot 1 4:45-5:15 pm _____ Tot 2 5:30-6:00 pm _____ Tot 3

FEE: \$55.00 per 10-class session, (\$80.00 for sponsored guest). Paid: cash _____ check _____ date _____

RELEASE OF LIABILITY

In consideration of my participation, I agree to assume all risks of injury while using the facilities or engaging in the programs. I understand that I waive any and all claims, by me, my estate or heirs, against the Villages of Kapolei Association, their Board of Directors, Staff, Volunteers and all others for any injury or accident that might occur now or in the future. I understand that photos may be taken for use in advertisements of this program and consent to such use. This waiver is intended to be as broad and inclusive as permitted by the laws of the State of Hawaii and if any portion of this waiver is found to be invalid the balance will continue in full legal force and effect. I have read and understood the Release of Liability and I enter into this relationship voluntarily.

Parent/Guardian Signature _____ Date _____

SPONSOR INFORMATION

I understand as the sponsor I will be responsible for the behavior of my guest. I further understand that I will be held liable for any damages caused by and any penalties levied against my designee.

Sponsor Signature _____ Date _____

Lot number or street address _____

2008 Red Cross Learn-To-Swim Levels

Ages 3-4 Without Experience

Parent & Child Aquatics

A parent/guardian will accompany each child in the water where they will be given information and techniques to help orient their children to the water and to supervise water activities in a safe manner.

Ages 3-5 With Experience

Level 1 Tot: Intro to Water Skills

To orient participants to the aquatic environment and teach them elementary skills such as floating, supported kicking and submerging the face. These skills will be built on as they progress through the Learn-to-Swim program.

Level 2 Tot: Fundamental Aquatic Skills

To build on the fundamental aquatic locomotion, safety and rescue skills presented in Level 1 and to introduce basic crawl stroke, glides and finning. (Must possess a Level 1 Tot certificate or pass a skills test.)

Level 3 Tot: Stroke Development

To build on the fundamental locomotions, safety and rescue skills learned in level 2, coordinate front crawl and back crawl, and to introduce butterfly, treading water and diving. (Must possess a Level 2 Tot certificate or pass a skills test.)

Ages 5-12

Level 1: Intro to Water Skills

To orient participants to the aquatic environment and teach them elementary skills such as floating, supported kicking and submerging the face. These skills will be built on as they progress through the Learn-to-Swim program.

Level 2: Fundamental Aquatic Skills

To build on the fundamental aquatic locomotion, safety and rescue skills presented in Level 1 and to introduce basic crawl stroke, glides and finning. (Must possess a Level 1 certificate or pass a skills test.)

Level 3: Stroke Development

To build on the fundamental locomotions, safety and rescue skills learned in level 2, coordinate front crawl and back crawl, and to introduce butterfly, treading water and diving. (Must possess a Level 2 certificate or pass a skills test.)

Level 4: Stroke Improvement

To develop confidence and competency in the skills presented thus far in the Learn-to-Swim program including increasing endurance. Introduction to elementary backstroke, sidestroke, breaststroke, and turning. (Must possess a Level 3 certificate or pass a skills test.)

Level 5: Stroke Refinement

To coordinate and refine the key strokes presented thus far in the Learn-to-Swim program and to increase endurance and distances. Introduction to flip turns on the front and back. (Must possess a Level 4 certificate or pass a skills test.)

Level 6: Swimming & Skill Proficiency

To polish strokes presented in previous levels, swim them with greater ease, efficiency, power and smoothness over greater distances. This new level 6 will offer specialties every session by highlighting the following areas: Personal Water Safety, Fitness Swimmer and Lifeguard Readiness. (Must possess a Level 5 certificate or pass a skills test.)