

Participant's Name _____

Address _____

Phone _____ Age _____ DOB _____ Sex _____

Existing Medical Conditions _____

Emergency Contacts:

1. Parent/Guardian _____ Phone _____

2. Parent/Guardian _____ Phone _____

Session runs for 4 weeks. See back for level descriptions and prerequisites. Space is limited; first come, first served. Minimum enrollment required. Questions? Call VOKA Rec 674-4444, dept 2.

Deadline to register: March 25, 2019.

Preschool (ages 3-5)	Children (ages 6-12)	
April 2 - April 25	April 1 – April 24	April 2 – April 25
Tues & Thurs	Mon & Wed	Tues & Thurs
4:00-4:30pm ____ Tot 1	4:15-5:00pm ____ Level 2	4:15-5:00pm ____ Level 1 ____ Level 4
4:45-5:15pm ____ Tot 2	5:15-6:00pm ____ Level 3	5:15-6:00pm ____ Level 2 ____ Level 5&6
5:30-6:00pm ____ Tot 3		
Fee: \$75 (\$90 guest)	Fee: \$75 (\$90 guest)	Fee: \$75 (\$90 guest)

Paid: cash _____ check _____ charge/debit _____ 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 _____

(Continue on back)

2018 RED CROSS LEARN-TO-SWIM LEVELS

Ages 3-5 – Tot Classes

Parent & Child 1 & 2

A parent/guardian will accompany each child in the water where they will be given information and techniques to help orient their child to the water and to supervise water activities in a safe manner. Skills such as holding and support techniques, water adjustment, breath control, buoyancy, and exploring the water will be covered.

Level 1 Tot: Intro to Water Skills

To orient participants to the aquatic environment and teach them elementary skills such as floating, gliding, supported kicking and arm action, 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, swimming on the back, and finning. **(Must possess a Level 1 Tot certificate or pass a skills test prior to enrollment.)**

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 treading water. **(Must possess a Level 2 Tot certificate or pass a skills test prior to enrollment.)**

Ages 6-12

Level 1: Intro to Water Skills

To orient participants to the aquatic environment and teach them elementary skills such as floating, supported kicking, arm action, 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 prior to enrollment.)**

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 dolphin kicking, treading water and scissor kick. **(Must possess a Level 2 certificate or pass a skills test prior to enrollment.)**

Level 4: Stroke Improvement

To develop confidence and competency in the skills presented thus far in the Learn-to-Swim program including increasing endurance. Introduces open turns, sidestroke, breaststroke, and butterfly. **(Must possess a Level 3 certificate or pass a skills test prior to enrollment.)**

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 surface dives, sculling, and flip turns. **(Must possess a Level 4 certificate or pass a skills test prior to enrollment.)**

Level 6: Swimming & Skill Proficiency

To polish strokes presented in previous levels, swim them with greater ease, efficiency, power and smoothness over greater distances. Extends treading skills and retrieving objects along with survival swimming. **(Must possess a Level 5 certificate or pass a skills test prior to enrollment.)**