

FAIRBRAE

SWIM AND RACQUET CLUB
696 SHERATON DR SUNNYVALE, CA 94087

2019 SUMMER SWIM LESSON PROGRAM

Welcome to the Fairbrae Summer Swim Lesson Program! Lessons are offered in eight lesson half-hour sessions across four separate two-week intervals. Lessons are offered for all levels- from water safety lessons to competitive strokes! A brief summary on level requirements and lesson contents is available on the reverse side of this form. **All children will be tested their first lesson day to confirm their ability and the appropriateness of the level selected.**

Class sizes will be limited to 4 per instructor for lower levels, and up to 6 at the higher levels. All of our instructors have prior instruction experience or training.

Cost: \$80 per session for Fairbrae Members/\$120 per session for Non-Fairbrae Members)

SESSION DATES

SESSION ONE: June 10th – June 20th

SESSION THREE: July 8th – July 18th

SESSION TWO*: June 24th – July 5th

SESSION FOUR: July 22nd – August 1st

***no classes on July 4th, make-up classes on July 6th**

REGISTRATION INFORMATION

Please complete the form below and return it to the Fairbrae Office. Sessions fill quickly, and classes are assigned on a first come, first serve basis! Class time assignments will be posted when available.

Non-members must include a check payable to "Fairbrae Swim Club" with this form.

CANCELLATION POLICY

There are no refunds if cancelled less than two weeks before the start of a session. Cancellations made more than two weeks in advance will receive a full refund.

There are no partial refunds/make-up dates for missed swim lessons.

----- **Please Remove Lower Form and Return with Payment** -----

SWIMMER LAST NAME: _____ FIRST NAME: _____ AGE: _____

PARENT LAST NAME: _____ FIRST NAME: _____ FAIRBRAE MEMBER: YES/NO

MOBILE NUMBER: _____ HOME NUMBER: _____ EMAIL: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

SESSIONS ATTENDING (CHECKMARK ALL THAT APPLY):

___ SESSION ONE: June 10th – June 20th

___ SESSION THREE: July 8th – July 18th

___ SESSION TWO: June 24th – July 5th

___ SESSION FOUR: July 22nd – August 1st

STARTING LEVEL (1-6): _____

PREFERRED TIME SLOTS (NUMBERED 1-4, LEAVE BLANK IF UNDESIRE):

___ 10:00 AM ___ 10:30 AM ___ 11:00 AM ___ 11:30 AM

FAIRBRAE SUMMER SWIM LESSON PROGRAM LEVEL REQUIREMENTS

LEVEL ONE – STARFISH

To enter Level One, students should be at least 3 years old, and be able to sit on the shallowest step in the pool. A good attitude is a must!

LEVEL TWO – MINNOW

To enter Level Two, students should be able to perform the following skills.

- Use the steps to enter and exit the water on their own
- Blow bubbles
- Open eyes underwater without goggles
- Retrieve object in the water with face submerged
- Comfortably float on front and back with assistance
- Roll between front and back float with assistance
- Walk away from wall, turn around, and walk back
- On both front and back, push off wall to a float and then kick

LEVEL THREE – OTTER

To enter Level Three, students should be able to perform the following skills:

- Fully submerge without assistance
- Perform ten surface “bobs”
- Retrieve a moving object underwater without goggles
- Float on front and back unassisted
- Move from front and back floats to standing unassisted
- Roll between front and back floats
- Push off wall and kick with straight legs in streamline

LEVEL FOUR – DOLPHIN

To enter Level Four, students should be able to perform the following skills:

- Jump from the side into deep water
- Perform a sitting and kneeling dive
- Retrieve an object from bottom in chest deep water
- Side breathing while kicking on the wall
- Float on both front and back for 30 seconds
- Push off wall and float two body lengths on both front and back
- Go from standing to front and back floats
- Tread water for 30 seconds
- Freestyle “big arms” with face in the water
- “Big arm” swimming on back
- Dolphin kick

LEVEL FIVE – SHARK

To enter Level Five, swimmers should be able to perform the following skills:

- Dive from “stride” position
- Swim underwater for three body lengths
- Tread in deep water for one minute
- Swim to flags to wall and back without stopping
- Swim the length of the pool freestyle and backstroke
- Swim the width of the pool breaststroke, butterfly and elementary backstroke

LEVEL SIX – PRECOMPETITIVE

To enter Level Six, swimmers should be able to perform the following skills:

- Do a shallow (racing) dive and freestyle breakout
- Swim the width of the pool underwater
- Perform a surface dive
- Perform freestyle/backstroke flip turns
- Tread water for two minutes
- Swim two lengths of the pool freestyle and backstroke
- Swim one length of the pool breaststroke, butterfly and elementary backstroke