

**SESSION 1: MON—THU, JUNE 8—18**

Early Bird Registration Deadline:

Thursday, May 28

Early Bird Fee:

\$30 per Child (Parents & Babies/Toddlers)  
 \$35 per Child (Step 1—Level 6)

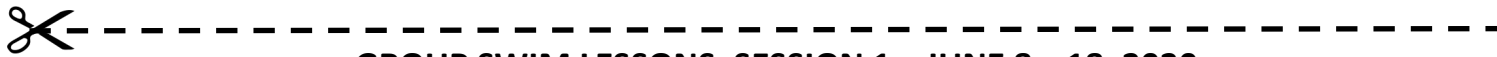
Final Registration Deadline:

Thursday, June 4

Final Fee (fee beginning May 29):

\$40 per Child (Parents & Babies/Toddlers)  
 \$45 per Child (Step 1—Level 6)

**PLEASE NOTE: Switching of sessions will not be allowed & refunds will not be granted after June 4, 2020**



**GROUP SWIM LESSONS, SESSION 1—JUNE 8—18, 2020**

LEVEL	TIME



Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

How did you hear about our program? (Ads, Internet, Facebook, Word of Mouth, etc): \_\_\_\_\_

Would you like to join TextCaster to receive ORC information? YES NO Cell Phone Provider: \_\_\_\_\_

Parent/Guardian Information if Participant is under 18:

Participant Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ School Attending: \_\_\_\_\_

Mother/Guardian Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Father/Guardian Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Waiver of Participation

In consideration of your accepting my child and/or teammates' entry(ies), we hereby, for ourselves, our teammates, our heirs, executors and administrators, waive and release any and all rights and claims for damages we or my teammates may have against the Ottawa Recreation Commission and its representatives, successors and assigns for any and all injuries suffered by myself or my teammates at any activity sponsored by this group. Ottawa Recreation Commission also reserves the right to photograph or videotape participants in programs and/or facilities. The photos and/or video are strictly for the ORC use and may be used in publications, flyers, brochures, videos, websites and other advertisements. I grant permission to the ORC to use photographs and/or videos of my child and/or teammates' entry(ies) solely for the purpose of marketing and advertising in the above mentioned ways.

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Office use only: Ck \_\_\_\_\_ Ck# \_\_\_\_\_ Ca \_\_\_\_\_ V/MC \_\_\_\_\_ Exp \_\_\_\_\_ Recept # \_\_\_\_\_ Date \_\_\_\_\_



# GROUP SWIMMING LESSONS CLASS DESCRIPTIONS

## GROUP SWIMMING LESSONS CLASS SCHEDULE—SESSION 1

Class	Age	Additional Requirements	Session 1 June 8 - 18 Mon - Thu
Parents & Babies	6 months - 2 years old	Parents must be in the water with their child during class.	12:05 - 12:30 pm 5:30 - 5:55 pm
Parents & Toddlers	2 - 4 years old	Parents must be in the water with their child during class.	12:35 - 1:00 pm 6:05 - 6:30 pm
Step 1	Must be 4 years old	Child must be ok getting the water w/o parent assistance	9:45 - 10:20 am 10:25 - 11:00 am 12:05 - 12:40 pm
Level 1	Must be 5 years old	Must have passed Step 1	9:45 - 10:20 am 10:25 - 11:00 am 12:05 - 12:40 pm
Level 2A	No Age Requirement	Must have passed Level 1	10:25 - 11:00 am
Level 2B	No Age Requirement	Must have passed Level 2A	12:05 - 12:40 pm
Level 3A	No Age Requirement	Must have passed Level 2B	10:25 - 11:00 am
Level 3B	No Age Requirement	Must have passed Level 3A	12:05 - 12:40 pm
Level 4	No Age Requirement	Must have passed Level 3B	10:25 - 11:00 am
Level 5A	No Age Requirement	Must have passed Level 4	9:45 - 10:20 am
Level 5B	No Age Requirement	Must have passed Level 5A	9:45 - 10:20 am
Level 6	No Age Requirement	Must have passed Level 5B	9:45 - 10:20 am Personal Water Safety

**Parent & Babies (6-18 months) / Parents & Toddlers (2-4 year olds):** These classes are designed to familiarize children with the water. The goal is not to teach the child to swim but rather to acclimate him/her to the water. This is an interactive parent-child class, therefore, parents are expected to be in the water with their child at all times. Parents do not need to know how to swim, but should be comfortable in the water. Class sessions focus on underwater exploration, having fun in the water through games/songs, & learning elementary skills including bubble blowing and assisted front & back floating.

**Step 1 - Level 6 - Students must pass or test out of the previous level before enrolling in the next level.**

**Step 1 - Beginning Water Exploration (Ages 4 & up):** Geared toward children ages 4 & up that are ready to start learning basic water skills without parental assistance. Focus is on water exploration, having fun in the water through games/songs, & learning elementary skills such as safe water entry & exiting, bobbing, floating on front & back, & introductory arm & leg motions.

**Level 1 - Intro to Water Skills (Ages 5 & up):** Designed for children ages 5 & up that are able to learn without constant one-on-one instructor attention. Emphasis on water exploration, water safety, & learning elementary skills such as floating & kicking on the front & back, alternating & simultaneous arm action, & changing directions/positions in the water.

**Level 2A - Fundamental Aquatic Skills A:** Students combine arm & leg actions for front crawl & back crawl, & learn gliding, flutter kick with finning, other basic stroke skills, & safety skills.

**Level 2B - Fundamental Aquatic Skills B:** Continue to learn & build on basic stroke skills. Emphasis on front crawl & back crawl without support & smoother, more rhythmic stroke patterns. Combine stroke skills for the elementary backstroke, & learn safety skills.

**Level 3A - Stroke Development A:** Students build on aquatic skills presented in Level 2B. Primary focus on rotary breathing for the front crawl. Emphasis on additional stroke development skills. Guided practice in the back crawl & elementary backstroke. Introduction to basic arm & leg actions for breaststroke. Exploration in deep water.

**Level 3B - Stroke Development B:** Continue to build on & develop stroke skills presented in Level 3A: refine the front crawl with rotary breathing, back crawl, & elementary backstroke while also learning the breaststroke. Students will be taught the basics of treading water, introduced to the basics of diving from the side of the pool & diving boards, & learn various safety & rescue skills.

**Level 4 - Stroke Improvement:** Students develop confidence & competency in stroke, safety & rescue skills taught in previous levels. They will learn the basics of the sidestroke, various turns, sustained treading of water, and rescue breathing.

**Level 5A - Stroke Refinement A:** Coordinate & refine key strokes along with an intense focus on the butterfly, open turns, & feet first surface dives.

**Level 5B - Stroke Refinement B:** Students develop stamina & endurance while refining key strokes, turns, & dives.

**Level 6 - Swimming & Skill Proficiency:** Perfect strokes to swim with ease, efficiency, power, & smoothness over greater distances. Level 6 is designed with options for advanced courses such as personal water safety, lifeguard readiness, & fundamentals of diving.

**SESSION 2**

Early Bird Registration Deadline:

Thursday, June 11

Early Bird Fee:

\$30 per Child (Parents & Babies/Toddlers)

\$35 per Child (Step 1—Level 6)

Final Registration Deadline:

Thursday, June 18

Final Fee (fee beginning June 12):

\$40 per Child (Parents & Babies/Toddlers)

\$45 per Child (Step 1—Level 6)

*PLEASE NOTE: Switching of sessions will not be allowed & refunds will not be granted after June 18, 2020*

✂️ -----  
**GROUP SWIM LESSONS, SESSION 2—JUNE 22—JULY 2, 2020**

LEVEL	TIME



Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

How did you hear about our program? (Ads, Internet, Facebook, Word of Mouth, etc): \_\_\_\_\_

Would you like to join TextCaster to receive ORC information? YES NO Cell Phone Provider: \_\_\_\_\_

Parent/Guardian Information if Participant is under 18:

Participant Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ School Attending: \_\_\_\_\_

Mother/Guardian Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Father/Guardian Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Waiver of Participation

In consideration of your accepting my child and/or teammates' entry(ies), we hereby, for ourselves, our teammates, our heirs, executors and administrators, waive and release any and all rights and claims for damages we or my teammates may have against the Ottawa Recreation Commission and its representatives, successors and assigns for any and all injuries suffered by myself or my teammates at any activity sponsored by this group. Ottawa Recreation Commission also reserves the right to photograph or videotape participants in programs and/or facilities. The photos and/or video are strictly for the ORC use and may be used in publications, flyers, brochures, videos, websites and other advertisements. I grant permission to the ORC to use photographs and/or videos of my child and/or teammates' entry(ies) solely for the purpose of marketing and advertising in the above mentioned ways.

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# GROUP SWIMMING LESSONS CLASS DESCRIPTIONS



## GROUP SWIMMING LESSONS CLASS SCHEDULE—SESSION 2

Class	Age	Additional Requirements	Session 2 June 22 - July 2 Mon - Thu
Parents & Babies	6 months - 2 years old	Parents must be in the water with their child during class.	12:05 - 12:30 pm 5:30 - 5:55 pm
Parents & Toddlers	2 - 4 years old	Parents must be in the water with their child during class.	12:35 - 1:00 pm 6:05 - 6:30 pm
Step 1	Must be 4 years old	Child must be ok getting the water w/o parent assistance	9:45 - 10:20 am 10:25 - 11:00 am 12:05 - 12:40 pm
Level 1	Must be 5 years old	Must have passed Step 1	9:45 - 10:20 am 10:25 - 11:00 am 12:05 - 12:40 pm
Level 2A	No Age Requirement	Must have passed Level 1	9:05 - 9:40 am 9:45 - 10:20 am 10:25 - 11:00 am
Level 2B	No Age Requirement	Must have passed Level 2A	9:05 - 9:40 am 12:05 - 12:40 pm
Level 3A	No Age Requirement	Must have passed Level 2B	9:05 - 9:40 am 10:25 - 11:00 am
Level 3B	No Age Requirement	Must have passed Level 3A	9:45 - 10:20 am 12:05 - 12:45 pm
Level 4	No Age Requirement	Must have passed Level 3B	9:05 - 9:40 am
Level 5A	No Age Requirement	Must have passed Level 4	9:05 - 9:40 am
Level 5B	No Age Requirement	Must have passed Level 5A	9:45 - 10:20 am
Level 6	No Age Requirement	Must have passed Level 5B	10:25 - 11:00 am Lifeguard Readiness

**Parent & Babies (6-18 months) / Parents & Toddlers (2-4 year olds):** These classes are designed to familiarize children with the water. The goal is not to teach the child to swim but rather to acclimate him/her to the water. This is an interactive parent-child class, therefore, parents are expected to be in the water with their child at all times. Parents do not need to know how to swim, but should be comfortable in the water. Class sessions focus on underwater exploration, having fun in the water through games/songs, & learning elementary skills including bubble blowing and assisted front & back floating.

**Step 1 - Level 6 - Students must pass or test out of the previous level before enrolling in the next level.**

**Step 1 - Beginning Water Exploration (Ages 4 & up):** Geared toward children ages 4 & up that are ready to start learning basic water skills without parental assistance. Focus is on water exploration, having fun in the water through games/songs, & learning elementary skills such as safe water entry & exiting, bobbing, floating on front & back, & introductory arm & leg motions.

**Level 1 - Intro to Water Skills (Ages 5 & up):** Designed for children ages 5 & up that are able to learn without constant one-on-one instructor attention. Emphasis on water exploration, water safety, & learning elementary skills such as floating & kicking on the front & back, alternating & simultaneous arm action, & changing directions/positions in the water.

**Level 2A - Fundamental Aquatic Skills A:** Students combine arm & leg actions for front crawl & back crawl, & learn gliding, flutter kick with finning, other basic stroke skills, & safety skills.

**Level 2B - Fundamental Aquatic Skills B:** Continue to learn & build on basic stroke skills. Emphasis on front crawl & back crawl without support & smoother, more rhythmic stroke patterns. Combine stroke skills for the elementary backstroke, & learn safety skills.

**Level 3A - Stroke Development A:** Students build on aquatic skills presented in Level 2B. Primary focus on rotary breathing for the front crawl. Emphasis on additional stroke development skills. Guided practice in the back crawl & elementary backstroke. Introduction to basic arm & leg actions for breaststroke. Exploration in deep water.

**Level 3B - Stroke Development B:** Continue to build on & develop stroke skills presented in Level 3A: refine the front crawl with rotary breathing, back crawl, & elementary backstroke while also learning the breaststroke. Students will be taught the basics of treading water, introduced to the basics of diving from the side of the pool & diving boards, & learn various safety & rescue skills.

**Level 4 - Stroke Improvement:** Students develop confidence & competency in stroke, safety & rescue skills taught in previous levels. They will learn the basics of the sidestroke, various turns, sustained treading of water, and rescue breathing.

**Level 5A - Stroke Refinement A:** Coordinate & refine key strokes along with an intense focus on the butterfly, open turns, & feet first surface dives.

**Level 5B - Stroke Refinement B:** Students develop stamina & endurance while refining key strokes, turns, & dives.

**Level 6 - Swimming & Skill Proficiency:** Perfect strokes to swim with ease, efficiency, power, & smoothness over greater distances. Level 6 is designed with options for advanced courses such as personal water safety, lifeguard readiness, & fundamentals of diving.

**SESSION 3**

Early Bird Registration Deadline:

Thursday, June 25

Early Bird Fee:

\$30 per Child (Parents & Babies/Toddlers)

\$35 per Child (Step 1—Level 6)

Final Registration Deadline:

Thursday, July 2

Final Fee (fee beginning June 26):

\$40 per Child (Parents & Babies/Toddlers)

\$45 per Child (Step 1—Level 6)

*PLEASE NOTE: Switching of sessions will not be allowed & refunds will not be granted after July 2, 2020*

GROUP SWIM LESSONS, SESSION 3—JULY 6—JULY 16, 2020

LEVEL	TIME



Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

How did you hear about our program? (Ads, Internet, Facebook, Word of Mouth, etc): \_\_\_\_\_

Would you like to join TextCaster to receive ORC information? YES NO Cell Phone Provider: \_\_\_\_\_

Parent/Guardian Information if Participant is under 18:

Participant Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ School Attending: \_\_\_\_\_

Mother/Guardian Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Father/Guardian Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Waiver of Participation

In consideration of your accepting my child and/or teammates' entry(ies), we hereby, for ourselves, our teammates, our heirs, executors and administrators, waive and release any and all rights and claims for damages we or my teammates may have against the Ottawa Recreation Commission and its representatives, successors and assigns for any and all injuries suffered by myself or my teammates at any activity sponsored by this group. Ottawa Recreation Commission also reserves the right to photograph or videotape participants in programs and/or facilities. The photos and/or video are strictly for the ORC use and may be used in publications, flyers, brochures, videos, websites and other advertisements. I grant permission to the ORC to use photographs and/or videos of my child and/or teammates' entry(ies) solely for the purpose of marketing and advertising in the above mentioned ways.

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# GROUP SWIMMING LESSONS CLASS DESCRIPTIONS

## GROUP SWIMMING LESSONS CLASS SCHEDULE—SESSION 3

Class	Age	Additional Requirements	Session 3 July 6 - 16 Mon - Thu
Parents & Babies	6 months - 2 years old	Parents must be in the water with their child during class.	12:05 - 12:30 pm 5:30 - 5:55 pm
Parents & Toddlers	2 - 4 years old	Parents must be in the water with their child during class.	12:35 - 1:00 pm 6:05 - 6:30 pm
Step 1	Must be 4 years old	Child must be ok getting the water w/o parent assistance	9:45 - 10:20 am 10:25 - 11:00 am 12:05 - 12:40 pm
Level 1	Must be 5 years old	Must have passed Step 1	9:45 - 10:20 am 10:25 - 11:00 am 12:05 - 12:40 pm
Level 2A	No Age Requirement	Must have passed Level 1	9:05 - 9:40 am 9:45 - 10:20 am 10:25 - 11:00 am
Level 2B	No Age Requirement	Must have passed Level 2A	9:05 - 9:40 am 12:05 - 12:40 pm
Level 3A	No Age Requirement	Must have passed Level 2B	9:05 - 9:40 am 10:25 - 11:00 am
Level 3B	No Age Requirement	Must have passed Level 3A	9:45 - 10:20 am 12:05 - 12:45 pm
Level 4	No Age Requirement	Must have passed Level 3B	9:05 - 9:40 am
Level 5A	No Age Requirement	Must have passed Level 4	9:05 - 9:40 am
Level 5B	No Age Requirement	Must have passed Level 5A	9:45 - 10:20 am
Level 6	No Age Requirement	Must have passed Level 5B	10:25 - 11:00 am Fundamentals of Diving

**Parent & Babies (6-18 months) / Parents & Toddlers (2-4 year olds):** These classes are designed to familiarize children with the water. The goal is not to teach the child to swim but rather to acclimate him/her to the water. This is an interactive parent-child class, therefore, parents are expected to be in the water with their child at all times. Parents do not need to know how to swim, but should be comfortable in the water. Class sessions focus on underwater exploration, having fun in the water through games/songs, & learning elementary skills including bubble blowing and assisted front & back floating.

**Step 1 - Level 6 - Students must pass or test out of the previous level before enrolling in the next level.**

**Step 1 - Beginning Water Exploration (Ages 4 & up):** Geared toward children ages 4 & up that are ready to start learning basic water skills without parental assistance. Focus is on water exploration, having fun in the water through games/songs, & learning elementary skills such as safe water entry & exiting, bobbing, floating on front & back, & introductory arm & leg motions.

**Level 1 - Intro to Water Skills (Ages 5 & up):** Designed for children ages 5 & up that are able to learn without constant one-on-one instructor attention. Emphasis on water exploration, water safety, & learning elementary skills such as floating & kicking on the front & back, alternating & simultaneous arm action, & changing directions/positions in the water.

**Level 2A - Fundamental Aquatic Skills A:** Students combine arm & leg actions for front crawl & back crawl, & learn gliding, flutter kick with finning, other basic stroke skills, & safety skills.

**Level 2B - Fundamental Aquatic Skills B:** Continue to learn & build on basic stroke skills. Emphasis on front crawl & back crawl without support & smoother, more rhythmic stroke patterns. Combine stroke skills for the elementary backstroke, & learn safety skills.

**Level 3A - Stroke Development A:** Students build on aquatic skills presented in Level 2B. Primary focus on rotary breathing for the front crawl. Emphasis on additional stroke development skills. Guided practice in the back crawl & elementary backstroke. Introduction to basic arm & leg actions for breaststroke. Exploration in deep water.

**Level 3B - Stroke Development B:** Continue to build on & develop stroke skills presented in Level 3A: refine the front crawl with rotary breathing, back crawl, & elementary backstroke while also learning the breaststroke. Students will be taught the basics of treading water, introduced to the basics of diving from the side of the pool & diving boards, & learn various safety & rescue skills.

**Level 4 - Stroke Improvement:** Students develop confidence & competency in stroke, safety & rescue skills taught in previous levels. They will learn the basics of the sidestroke, various turns, sustained treading of water, and rescue breathing.

**Level 5A - Stroke Refinement A:** Coordinate & refine key strokes along with an intense focus on the butterfly, open turns, & feet first surface dives.

**Level 5B - Stroke Refinement B:** Students develop stamina & endurance while refining key strokes, turns, & dives.

**Level 6 - Swimming & Skill Proficiency:** Perfect strokes to swim with ease, efficiency, power, & smoothness over greater distances. Level 6 is designed with options for advanced courses such as personal water safety, lifeguard readiness, & fundamentals of diving.