

**SESSION 1: MON—WED, JUNE 8 –17**

**Early Bird Registration Deadline:**

Thursday, May 28

**Early Bird Fee:**

\$70 per person

\$110 for two people in the same level with the same instructor.

**Final Registration Deadline:**

Thursday, June 4

**Final Fee (fee beginning May 29):**

\$70 per person

\$110 for two people in the same level with the same instructor.

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

**PRIVATE SWIM LESSONS, SESSION 1—JUNE 8—17, 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: \_\_\_\_\_

# PRIVATE SWIMMING LESSONS CLASS DESCRIPTIONS—2020

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

**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.

Class	Age	Additional Requirements	Session 1 June 8 - 17 Mon –Wed	Session 2 June 22 - July 1 Mon –Wed	Session 3 July 6 - 15 Mon –Wed	Session 4 July 20 - 29 Mon –Wed	Max per Class
Level 1	Must be 5 years old	Must have passed Step 1	9:05 - 9:30 am 11:05 - 11:30 am 11:35 am - 12:00 pm 6:05 - 6:30 pm 6:35 - 7:00 pm	11:05 - 11:30 am 11:35 am - 12:00 pm 6:05 - 6:30 pm 6:35 - 7:00 pm	11:05 - 11:30 am 11:35 am - 12:00 pm 6:05 - 6:30 pm 6:35 - 7:00 pm	9:05 - 9:30 am 9:35 - 10:00 am 10:05 - 10:30 am 10:35 - 11:00 am 11:05 - 11:30 am 11:35 am - 12:00 pm	5
Level 2A	No Age Requirement	Must have passed Level 1					
Level 2B	No Age Requirement	Must have passed Level 2A					
Level 3A	No Age Requirement	Must have passed Level 2B					
Level 3B	No Age Requirement	Must have passed Level 3A					
Level 4	No Age Requirement	Must have passed Level 3B					
Level 5A	No Age Requirement	Must have passed Level 4					
Level 5B	No Age Requirement	Must have passed Level 5A					
Level 6	No Age Requirement	Must have passed Level 5B					

*Swimmers may test out of a level at the pool during swim lessons & advance to the next level*

**SESSION 2: MON—WED, JUNE 22—JULY 1**

**Early Bird Registration Deadline:**

Thursday, June 11

**Early Bird Fee:**

\$70 per person

\$110 for two people in the same level with the same instructor.

**Final Registration Deadline:**

Thursday, June 18

**Final Fee (fee beginning June 12):**

\$70 per person

\$110 for two people in the same level with the same instructor.

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

**PRIVATE SWIM LESSONS, SESSION 2—JUNE 22—JULY 1, 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, waiver 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: \_\_\_\_\_

# PRIVATE SWIMMING LESSONS CLASS DESCRIPTIONS—2020

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

**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.

Class	Age	Additional Requirements	Session 1 June 8 - 17 Mon - Wed	Session 2 June 22 - July 1 Mon - Wed	Session 3 July 6 - 15 Mon - Wed	Session 4 July 20 - 29 Mon - Wed	Max per Class
Level 1	Must be 5 years old	Must have passed Step 1	9:05 - 9:30 am 11:05 - 11:30 am 11:35 am - 12:00 pm 6:05 - 6:30 pm 6:35 - 7:00 pm	11:05 - 11:30 am 11:35 am - 12:00 pm 6:05 - 6:30 pm 6:35 - 7:00 pm	11:05 - 11:30 am 11:35 am - 12:00 pm 6:05 - 6:30 pm 6:35 - 7:00 pm	9:05 - 9:30 am 9:35 - 10:00 am 10:05 - 10:30 am 10:35 - 11:00 am 11:05 - 11:30 am 11:35 am - 12:00 pm	5
Level 2A	No Age Requirement	Must have passed Level 1					
Level 2B	No Age Requirement	Must have passed Level 2A					
Level 3A	No Age Requirement	Must have passed Level 2B					
Level 3B	No Age Requirement	Must have passed Level 3A					
Level 4	No Age Requirement	Must have passed Level 3B					
Level 5A	No Age Requirement	Must have passed Level 4					
Level 5B	No Age Requirement	Must have passed Level 5A					
Level 6	No Age Requirement	Must have passed Level 5B					

*Swimmers may test out of a level at the pool during swim lessons & advance to the next level*

**SESSION 3: MON—WED, JULY 6—15**

**Early Bird Registration Deadline:**

Thursday, June 25

**Early Bird Fee:**

\$70 per person

\$110 for two people in the same level with the same instructor.

**Final Registration Deadline:**

Thursday, July 2

**Final Fee (fee beginning June 26):**

\$70 per person

\$110 for two people in the same level with the same instructor.

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

**PRIVATE SWIM LESSONS, SESSION 3—JULY 6—15, 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, waiver 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: \_\_\_\_\_

# PRIVATE SWIMMING LESSONS CLASS DESCRIPTIONS—2020

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

**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.

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Level 2A	No Age Requirement	Must have passed Level 1					
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Level 3B	No Age Requirement	Must have passed Level 3A					
Level 4	No Age Requirement	Must have passed Level 3B					
Level 5A	No Age Requirement	Must have passed Level 4					
Level 5B	No Age Requirement	Must have passed Level 5A					
Level 6	No Age Requirement	Must have passed Level 5B					

*Swimmers may test out of a level at the pool during swim lessons & advance to the next level*

**SESSION 4: MON—WED, JULY 20– 29**

**Early Bird Registration Deadline:**

Thursday, July 9

**Early Bird Fee:**

\$70 per person

\$110 for two people in the same level with the same instructor.

**Final Registration Deadline:**

Thursday, July 16

**Final Fee (fee beginning July 10):**

\$70 per person

\$110 for two people in the same level with the same instructor.

**PLEASE NOTE: Switching of sessions will not be allowed & refunds will not be granted after July 16, 2020**

**PRIVATE SWIM LESSONS, SESSION 4—JULY 20—29, 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: \_\_\_\_\_

# PRIVATE SWIMMING LESSONS CLASS DESCRIPTIONS—2020

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

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**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.

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Level 2B	No Age Requirement	Must have passed Level 2A					
Level 3A	No Age Requirement	Must have passed Level 2B					
Level 3B	No Age Requirement	Must have passed Level 3A					
Level 4	No Age Requirement	Must have passed Level 3B					
Level 5A	No Age Requirement	Must have passed Level 4					
Level 5B	No Age Requirement	Must have passed Level 5A					
Level 6	No Age Requirement	Must have passed Level 5B					

*Swimmers may test out of a level at the pool during swim lessons & advance to the next level*