



# Farmstead Swim & Racquet Club

## SWIM LESSONS REGISTRATION FORM 2011

(Please Print)

Registration and Payment Date:				(Circle One) Member Non-Member	
<b>SWIMMER INFORMATION</b>					
Last name:		First: Middle:		Birth date:	Current Age:
				/ /	
					Sex: <input type="checkbox"/> M <input type="checkbox"/> F
Session Number:	Level:	Class Period:	Amount Paid:		Cash or Check #:
<b>SESSION, LEVEL &amp; CLASS PERIOD INFORMATION</b>					
<b>2011 Sessions:</b> 1. June 20 - June 30 2. July 11 - July 21 3. July 25 - August 4		<b>Levels:</b> 1. Introduction to Water Skills 2. Fundamental Aquatic Skills 3. Stroke Development 4. Stroke Improvement 5. Stroke Refinement 6. Personal Water Safety		<b>Class Periods:</b> 1. 10:30 - 11:00am 2. 11:00 - 11:30am 3. 11:30 - 12:00 noon	
Price Per Session: \$ 45.00 Member/ \$60.00 Non-Member			Swim Lesson Coordinator: Kelsey Lindstrom		
Payment Method: Cash or check made payable to Farmstead Swim & Racquet Club					
Below is a brief description of the skills that each level will focus on. Please note, these skills must be demonstrated to pass to the next level.					
<b>Level 1: Introduction to Water Skills</b>		<b>Level 3: Stroke Development</b>		<b>Level 5: Stroke Refinement</b>	
<ul style="list-style-type: none"> <li>● Enter unassisted, move 5 yards, bob 5 times to chin level and safely exit the water (Participants can walk, travel on gutter or "swim")</li> <li>● Float on front with support for 3 seconds, roll to back with assistance and float on back with support for 3 seconds.</li> </ul>		<ul style="list-style-type: none"> <li>● Jump into chest deep water from the side, swim front crawl for 15 yards with face in the water and breathing pattern (to front or side), maintain position by treading or floating for 30 seconds and back crawl for 15 yards.</li> </ul>		<ul style="list-style-type: none"> <li>● Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.</li> <li>● Perform a shallow dive into chest deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water and swim back crawl for 25 yards.</li> </ul>	
<b>Level 2: Fundamental Aquatic Skills</b>		<b>Level 4: Stroke Improvement</b>		<b>Level 6: Personal Water Safety</b>	
<ul style="list-style-type: none"> <li>● Step from side into chest-deep water, move into a front float for 5 seconds roll over to a back float return to standing position, then move back to a back float for 5 seconds and return to a standing position.</li> <li>● Push off and swim using combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.</li> </ul>		<ul style="list-style-type: none"> <li>● Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water and swim elementary backstroke for 15 yards.</li> <li>● Swim breaststroke for 15 yards, tread water for 1 minute and back crawl for 25 yards</li> </ul>		<ul style="list-style-type: none"> <li>● Swim 500 yards continuously using these strokes: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards, butterfly, 50 yards; and your choice, 100 yards</li> <li>● Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.</li> <li>● Perform a feet-first surface dive, retrieve an object from the bottom of the pool, minimum 7 feet, and return with object to starting point.</li> </ul>	
<b>Heads of household, parents or guardian contact information:</b>					
First and Last Name:		Daytime Phone #: ( )		Alternate Phone #: ( )	
First and Last Name:		Daytime Phone #: ( )		Alternate Phone #: ( )	
Street Address:		City:		State:	ZIP Code:
Subdivision:		E-mail Address:			
<b>IN CASE OF EMERGENCY (IN THE EVENT THE ABOVE LISTED CANNOT BE REACHED)</b>					
Name of local friend or relative:		Relationship to swimmer:	Daytime Phone #:	Alternate Phone #:	
			( )	( )	
<b>MEDICAL AND DENTAL CONTACT INFORMATION</b>					
Physician Name:		Office Phone #: ( )		Location:	
Dentist Name:		Office Phone #: ( )		Location:	

**FARMSTEAD SWIM & RACQUET CLUB**  
**904 MILL RACE LANE - NAPERVILLE, IL 60565**  
**PHONE #: (630) 420-1350**