



Swimmer's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Member (\$55/Swim Lesson Session)       Non-Member (\$65/Swim Lesson Session)

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

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

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

### Baby Belugas (Pre-Swimmers)

This level is intended as an intro to swim lessons and a development of a skill set that will be the building blocks of future lessons. To enter this level swimmers must be able to walk. Classes are 30 minutes long Mon- Thur.

**Session 1:** June 19- July 29  
11:00 to 11:30 am

**Session 2:** July 10 – July 20  
11:00 to 11:30 am

**Session 3:** July 24 – Aug 3  
11:00 to 11:30 am

**Session 4:** Aug 7 – Aug 17  
11:00 to 11:30 am

### Trying Turtles (Swimmers Step 1)

This level is intended to develop the main components of each stroke. All strokes will be addressed in pieces to correct naturally acquired muscle memory, incorrect learning styles as a new learner, and to teach new patterns of a developing stroke. To enter this level students must be able to retrieve objects underwater without plugging their nose, show comfort on their back and stomach with facial submersion, jump off of the edge or push off of the wall to an instructor with ease. Classes are 30 minutes long Mon - Thur.

**Session 1:** June 19 - June 29  
10:15 to 10:45 am

**Session 2:** July 10 – July 20  
10:15 to 10:45 am

**Session 3:** July 24 – Aug 3  
10:15 to 10:45 am

**Session 4:** Aug 7 – Aug 17  
10:15 to 10:45 am

### Swimming Salmon (Swimmers Step 2)

This level is to combine skills learned from Trying Turtles lessons into complete and fluid strokes. Upon completion of this level swimmers will have knowledge of all four strokes used in the swim team as well as an introduction to more advanced swim techniques. To enter this level swimmers must be able to swim the width of the pool on their stomach with both a basic front crawl technique and a dolphin roll, as well as on their back with the elementary backstroke and basic back crawl technique. Class is 30 minutes long.

**Session 1:** June 19 - June 29  
9:30 to 10 am

**Session 2:** July 10 - July 20  
9:30 to 10 am

**Session 3:** July 24 – Aug 3  
9:30 to 10 am

**Session 4:** Aug 7 – Aug 17  
9:30 to 10 am

### Swim Team

Swim Team will be comprised of two groups from 7:45 to 9:15 am. Circle your swimmer's group: **Group A:** Otters: 7:45 to 8:45 am; Swimmers are suggested to be 10 years old and older and have knowledge of all four strokes efficiently. **Group B:** Pups: 8:15 to 9:15 am; Swimmers are suggested to be 10 years old and younger and could potentially "know" about strokes but might not have the skills to perform them efficiently across the pool. For home meets we will need parent volunteers to help with lane timing, please check below if you are willing to volunteer!

Swim Team Participation  
Member  
\$115 - includes tshirt

Swim Team Participation  
Non-Member  
\$145 - includes t-shirt

I am willing to  
volunteer at home  
swim meets

**Your swimmer needs to be registered BEFORE the day of swim lessons. Please text or email your completed form to Tami Arntzen at (509)430-6218 or taminida@gmail.com. She will respond with payment instructions. There will be NO DAY OF REGISTRATION to ensure that we keep the swimmer to instructor ratio at a safe number.**