



# Lemoore Recreation Department 2010 Summer Swim Registration Form

(please use one form per student)

435 "C" St. – Civic Aud.  
Lemoore, CA 93245  
(559) 924-6767  
[www.lemoore.com](http://www.lemoore.com)  
[parksandrec@lemoore.com](mailto:parksandrec@lemoore.com)

**Swim Lesson Schedule**  
**\$70** per 2 week session  
**\$60** 2<sup>nd</sup> Child per 2 week  
 Minimum 6 per class

Session I June 14 – June 25  
 Session II June 28 – July 9  
 Session III July 12 – July 23  
 Session IV July 26 – Aug 6

**May Madness**

**10% Discount**  
 At Sign Ups on  
 Saturday, May 1, 2010



**8 week special - \$200 – Save \$80**

10am – 11am Mon - Fri	Goldfish	Level I	Level II	Level III	Level IV	Level V	Level VI
11am – 12pm Mon - Fri	Level 1	Level II	Level III	Level IV	Level V	Level VI	Diving
12 pm – 1pm Mon - Fri	Goldfish	Level I	Level II	Level III	Level IV	Level V	Diving

**Public Swimming Tuesdays and Thursdays – 1:00pm to 3:00pm**

**\*\*\*New\*\*\***

**Public Swimming on Saturdays – 12:00pm to 4:00pm**

**Public Swimming rates: \$2.50 per swimmer / \$1 for adult non swimmer with paid child**

**Swim Passes- Swim all Season: \$25 Individuals \$50 Family**

**All listings subject to change Financial Assistance Available**

Student Registration and Emergency Information/Release Form

Level \_\_\_\_\_ Time \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_ Address \_\_\_\_\_ Phone \_\_\_\_\_

Name of Parent or Guardian Relationship \_\_\_\_\_ Work/Alternate phone \_\_\_\_\_

**In case of Emergency, please contact:**

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

*I realize that no medical insurance is provided for Parks and Recreation Department activities and agree to assume the risk for any injury related to my participation or the participation of my child. I agree to make no claim against the City of Lemoore or any employees or volunteers for any injury or illness arising from this Parks and Recreation Department sponsored activity.*



sponsored  
officers,

\_\_\_\_\_  
SIGNATURE OF PARENT OR GUARDIAN

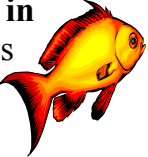





\_\_\_\_\_  
DATE

**ALL FEES ARE NON-REFUNDABLE UNLESS PROGRAM IS CANCELLED**

For Office Use Only

Date Received: \_\_\_\_\_ Received by: \_\_\_\_\_ Receipt # \_\_\_\_\_ Amount \$ \_\_\_\_\_

## 2009 LEMOORE PARKS & RECREATION SUMMER SWIM LEVELS DEFINED

- Goldfish:** 6 months to toddlers (with accompanying parent or guardian in water). Oriented to provide parents with information and techniques help them safely supervise and accustom their children to the water.  the to
- Level 1: Beginner class** – Objective is to help students adjust to water, learn safety in the water and attain basic skills of water entry/exit, buoyancy and breath control, locomotion, and personal safety. 
- Level 2: Primary skills** – Objective is to help students achieve success with fundamental skills. Students will learn to float without support and to recover to vertical position. This level also covers water entry / exit, water adjustment, buoyancy and breath control, locomotion, turning over, personal safety and rescue. 
- Level 3: Stroke readiness** – Objective is to build on previous skills and coordination of front and back crawl. Students will learn elementary backstroke and principles of treading water. Students will also learn rules for safe diving. 
- Level 4: Stroke development** – Objective is to build confidence in swimmer and build on strokes learned so far. Emphasis will be on increasing endurance and length of front crawl, back crawl, and elementary backstroke. Students will be introduced to breaststroke along with basic turns. 
- Level 5: Advanced stroke development** – Objective is coordination and refinement of key strokes. Students will be introduced to butterfly, open turns, the feet-first-dive. Participants will learn to improve performance and increase swimming distance. Water entry / exit, water adjustment, buoyancy and breath control, locomotion, turns, personal safety and rescue. 
- Level 6: Advanced skills** – objective is to polish strokes so students may swim with ease, efficiency, power and glide over longer distances. Introduction to pike and tuck surface divers. 