



SUMMER 2018 JUNIOR SWIMMING PROGRAM

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|---|----------------|---------------------------|----------------|-----|
| LAST NAME | | FIRST | | AGE |
| HOME/CELL PHONE | HOME ADDRESS | | PARENT EMAIL | |
| MOTHER'S NAME | MOTHER'S CELL# | FATHER'S NAME | FATHER'S CELL# | |
| PERSON TO NOTIFY IN CASE OF EMERGENCY | | EMERGENCY CONTACT PHONE # | | |
| PLEASE STATE ANY MEDICAL CONDITIONS THAT THE INSTRUCTOR MAY NEED TO KNOW ABOUT: | | | | |

CLASS REGISTRATION

PRICING IS PER CLASS / PER SESSION • ALL CLASSES RUN MONDAY – FRIDAY

ARE YOU A MEMBER? YES NO

SESSION 1: June 4 – June 15

SESSION 3: July 2 – July 13 (4th off) *10% discount

SESSION 5: July 30 – August 10

SESSION 2: June 18 – June 29

SESSION 4: July 16 – July 20 *1/2 Price

| CLASS | TIME | SESSION # | PRICE | |
|------------------------|-----------------|-----------|---------------------------------------|---|
| MINNOWS (ages 3 to 5+) | 9:30a – 10:00a | | <input type="checkbox"/> MEMBER \$100 | <input type="checkbox"/> NON-MEMBER \$150 |
| SHARKS (ages 5 to 7+) | 10:15a – 10:45a | | <input type="checkbox"/> MEMBER \$100 | <input type="checkbox"/> NON-MEMBER \$150 |
| DOLPHINS (ages 8+) | 11:00a – 12:00p | | <input type="checkbox"/> MEMBER \$150 | <input type="checkbox"/> NON-MEMBER \$250 |

TOTAL AMOUNT DUE: _____

Payment in full is required for class placement. Class space will not be put "on hold". Fee will be refunded up to 7 days prior to start of the session. No fees will be prorated for missed class time.

KYC PARKING: Parking is reserved for KYC members only. Non-members may come in to drop off/pick up children for class but if you need to park, please do so on the street and come to the pedestrian gate to be buzzed in.

KYC FACILITIES: KYC facilities, e.g. the pool, are for member use only. Non-member parents waiting for their children are not allowed to swim in the pool or occupy the Gazebo.

PARENT'S CONSENT

I, _____, agree to hold Kaneohe Yacht Club ("KYC"), its officers, employees, and all committees concerned, harmless and free of liability, of any nature whatsoever, for any accident or injury to my child while participating in the 2018 Junior Programs. In addition, I agree that I will be financially responsible for any damage or loss to any property caused by this participant.

PARENT OR LEGAL GUARDIAN SIGNATURE

DATE

OFFICE USE ONLY:

PAID: _____ CC#/CASH/CHK # _____ DATE: _____ REC'D BY: _____

JUNIOR SWIMMING PROGRAM CLASS DESCRIPTIONS

Levels are based on the skill set of the individual swimmer which will be reviewed and determined by the Swim Instructor. Instructor decision is final. For more information, please contact the Swim Instructor, Kaimana Gomes at: gomeskaimana@gmail.com

MINNOWS - For the beginner who is comfortable in the water (age 3 to 5+)

- **Level 1 – Introduction to Water Skills (age 3 to 4+)**
 - *Basics of Swimming:* bobbing, going under water, supported front and back floating, supported rolling over from front to back and from back to front, supported gliding, supported flutter kick, supported front crawl arms and jumping in.
- **Level 2 – Fundamental Aquatic Skills (age 4 to 5+)**
 - Independent front and back floating, independent rolling over from front to back and from back to front, independent front and back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, jumping into water over head.

SHARKS – For the intermediate swimming who is already semi-comfortable swimming front stroke and swimming on their back (age 5 to 7+)

- **Level 3 – Stroke Development (age 5 to 6+)**
 - Gliding, freestyle with side breathing, backstroke, breast stroke and dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water and compact dives.
- **Level 4 – Stroke Improvement (age 7+)**
 - Rotary breathing, freestyle, backstroke, elementary backstroke, scissors, kick and sidestroke, whip kick and breaststroke, intro to turning at the wall, treading water with modified scissors, diving from the kneeling position.

DOLPHINS - For the experienced swimmer who is already able to: swim freestyle, breaststroke and Backstroke 25 yards, scissor kick, whip kick, tread water and dive (age 8+)

- **Level 5 – Stroke Refinement (age 8+)**
 - Alternate breathing, stride jump, refinement of: freestyle, elementary backstroke, backstroke, sidestroke, dolphin kick and butterfly, open turn on front and back, feet-first surface dive, treading water.