



**OPTION 1:** Call 805-686-0615 to register and pay in full with a major credit card. *\*Recommended*

**OPTION 2:** Complete registration form and pay by check.

Mail to Dunn Aquatics Program; P.O. Box 98; Los Olivos, CA 9344

**OPTION 3:** Complete registration form and email to summer@dunnschool.org

**PARENT/GUARDIAN INFORMATION**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone 1 : \_\_\_\_\_ Phone 2: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

**CHILD INFORMATION**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Age at program date: \_\_\_\_\_ Birthday: \_\_\_\_\_

Current ability level:  No Ability  Beginner  Almost Independent.  Independent  Advanced

Most current level or skills completed: \_\_\_\_\_ Date: \_\_\_\_\_

How often has your child practiced skills since his or her last lesson/program? \_\_\_\_\_

**REGISTRATION INFO** - Check registration *only* for child listed above

Learn to Swim ..... Select below..... \$110 /session

Session A: July 5-15

Session B: July 19-July 29

10:00  Level 1  Level 2  Level 3  Level 4

10:00  Level 1  Level 2  Level 3  Level 4

11:00  Level 1  Level 2  Level 3  Level 4

11:00  Level 1  Level 2  Level 3  Level 4

12:00  Level 1  Level 2  Level 3  Level 4

12:00  Level 1  Level 2  Level 3  Level 4

1:00  Level 1  Level 2  Level 3  Level 4

1:00  Level 1  Level 2  Level 3  Level 4

2:00  Level 1  Level 2  Level 3  Level 4

2:00  Level 1  Level 2  Level 3  Level 4

Advanced Swim Session A..... July 5 -15 ..... 9:00 am..... \$110

Advanced Swim Session B..... July 19-29 ..... 9:00 am..... \$110



**REGISTRATION & CANCELLATION POLICIES**

1. Payment in full is due at time of registration.
2. Refunds are not given for cancellations.
3. Partial refunds are not given for missed days.
4. In the event that your child is not able to demonstrate entry-level requirements for the level registered, the Aquatics Supervisor will discuss the best course of action with you.
5. If a particular session fills, you may choose to be waitlisted.
6. Individual programs may be cancelled if minimum enrollment is not met.

**OUTDOOR POOL**

Dunn’s heated outdoor pool is supervised by American Red Cross Water Safety Instructors and Lifeguards. Parents are welcome and encouraged to observe poolside during their child(ren)’s lesson.

**SUN PROTECTION**

Sunscreen should be applied before entering the pool. Please be prepared with adequate sun protection, including protective clothing, every day.

**POOL CLOSURE/MAKEUP LESSONS**

In the event that the pool must be closed, makeup Learn to Swim lessons will take place on the first available Friday.

**CHARGES**

Add session totals listed on front. Record here \$ \_\_\_\_\_

**DISCOUNTS**

Subtract \$10 per sibling enrolled in Dunn Aquatics. \$ \_\_\_\_\_

Sibling names: \_\_\_\_\_

Total Due \$ \_\_\_\_\_

*Multiple children/registrations? Complete one registration per child and note one grand total.*

**FORM OF PAYMENT**

Check: include

Credit card number: \_\_\_\_\_

Expiration: \_\_\_\_\_

CVC Code: \_\_\_\_\_

Cardholder Signature: \_\_\_\_\_

Billing address same as address listed on front, or add billing address here:

\_\_\_\_\_



We do our best to make sure swimmers are placed in the correct level to maximize lesson time in the pool. Carefully read the descriptions below. Note that the child must demonstrate proficiency in *all* “Can Demonstrate” skills.

<p><b>Level 1</b></p> <p><b>Intro To Water Skills</b></p> <p>Purpose: To begin developing positive attitudes, good swimming habits, and safe practices in and around the water</p>	<p><b>PREREQUISITE</b></p> <ul style="list-style-type: none"> <li>• Child can sit without parent assistance at pool steps.</li> <li>• Child has the ability to follow simple verbal cues.</li> </ul>	<p><b>WILL LEARN:</b></p> <ul style="list-style-type: none"> <li>• Entering water independently using steps or side.</li> <li>• Traveling at least 5 yards, bobbing 3 times, then exiting the water with support.</li> <li>• Gliding on front supported by at least 2 body lengths.</li> <li>• Rolling to a back float for 3 seconds with support.</li> <li>• Recovering to a vertical position with support.</li> </ul> <p>It is common for children to participate in several sessions of Level I before they successfully demonstrate each skill.</p>
<p><b>Level 2</b></p> <p><b>Fundamental Aquatic Skills</b></p> <p>Purpose: To increase basic knowledge of swimming on both stomach and back independently.</p>	<p><b>PREREQUISITE</b></p> <ul style="list-style-type: none"> <li>• Entering water independently using steps or side.</li> <li>• Traveling at least 5 yards, bobbing 3 times, then exiting the water with support.</li> <li>• Gliding on front supported by at least 2 body lengths.</li> <li>• Rolling to a back float for 3 seconds with support.</li> <li>• Recovering to a vertical position with support.</li> </ul> <p>It is common for children to participate in several sessions of Level I before they demonstrate each skill to a level of proficiency that allows them to advance.</p>	<p><b>WILL LEARN:</b></p> <ul style="list-style-type: none"> <li>• Stepping from the side into chest-deep water.</li> <li>• Front crawl at least 5 yards independently. Bob 3 times and exit the water independently.</li> <li>• Moving into a back float for five seconds, rolling to front, then recovering to a vertical position.</li> <li>• Pushing off and swimming using combined arm and leg actions on front for 5 body lengths, rolling to back, floating for 15 seconds, rolling to front to continue swimming for 5 body lengths.</li> </ul> <p>It is common for children to participate in several sessions of Level 2 before they successfully demonstrate each skill.</p>

**PARENTS: HOW CAN YOU HELP?**

- Bring a light snack and drink. Kids are often hungry after a lesson.
- Ask the instructor which skills your child should practice, then make practicing fun at home or at a pool.
- Understand that children develop swimming skills at different rates.
- Celebrate successes with your child.
- Avoid putting pressure on achievement; encourage your child to enjoy swimming and take pride in personal success.



We do our best to make sure swimmers are placed in the correct level to maximize lesson time in the pool. Carefully read the descriptions below. Note that the child must demonstrate proficiency in *all* “Can Demonstrate” skills.

<p><b>Level 3</b> <b>Stroke Development</b></p> <p>Purpose: To build on the skills in Level 2 by providing additional guided practice and encouraging increased independence and endurance.</p>	<p><b>PREREQUISITE</b> <b>All skills must be completed independently</b></p> <ul style="list-style-type: none"> <li>• Stepping from the side into chest-deep water.</li> <li>• Moving into a front float for 5 seconds, rolling to back, floating for 5 seconds, then recovering to a vertical position.</li> <li>• Moving into a back float for five seconds, rolling to front, then recovering to a vertical position.</li> <li>• Pushing off and swimming using combined arm and leg actions on front for 5 body lengths, rolling to back, floating for 15 seconds, rolling to front to continue swimming for 5 body lengths.</li> </ul> <p>It is common for children to participate in several sessions of Level 2 before they demonstrate each skill to a level of proficiency that allows them to advance.</p>	<p><b>WILL LEARN:</b></p> <ul style="list-style-type: none"> <li>• Jumping into deep water from the side.</li> <li>• Swimming the front crawl for 15 yards.</li> <li>• Maintaining position by treading or floating for 30 seconds.</li> <li>• Swimming the elementary backstroke for 15 yards.</li> <li>• Introduction to butterfly.</li> </ul>
<p><b>Level 4</b> <b>Stroke Improvement</b></p> <p>Purpose: To develop children’s confidence in the strokes learned in Level 3 and to improve other aquatic skills.</p>	<p><b>PREREQUISITE</b> <b>All skills must be completed independently</b></p> <ul style="list-style-type: none"> <li>• Jumping into deep water from the side.</li> <li>• Swimming the front crawl for 15 yards.</li> <li>• Maintaining position by treading or floating for 30 seconds.</li> <li>• Swimming the elementary backstroke for 15 yards.</li> </ul>	<p><b>WILL LEARN:</b></p> <ul style="list-style-type: none"> <li>• Swimming the front crawl for 25 yards.</li> <li>• Swimming the elementary backstroke for 25 yards.</li> <li>• Swimming the breaststroke for 15 yards.</li> <li>• Swimming the back crawl for 15 yards.</li> <li>• Open turns on the front and back.</li> <li>• Swimming the butterfly stroke for 15 yards.</li> </ul>
<p><b>Advanced Swimming</b></p> <p>Purpose: Stroke refinement, endurance, swimming fitness, and dives.</p>	<p><b>PREREQUISITE</b></p> <ul style="list-style-type: none"> <li>• Swimming the front crawl for 25 yards.</li> <li>• Swimming the elementary backstroke for 25 yards.</li> <li>• Swimming the breaststroke for 15 yards.</li> <li>• Swimming the back crawl for 15 yards.</li> <li>• Open turns on the front and back.</li> </ul>	<p><b>WILL LEARN:</b></p> <p>After successfully completing Level 4 and receiving a completion certificate, children are ready for Advanced Swimming, held Sessions A&amp;B from 9:00-9:50 a.m. Advanced Swimming is about stroke refinement and swimming for endurance. Children will learn flip turns as well as poolside and diving board dives. Ask instructor for details.</p>