



REGISTRATION BEGINS APRIL 12

OPTION 1: Call 805-686-0603 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 aquatics@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

___Family Pool PassJune 12-Aug. 6 (closed July 3-5, subject to change)..... \$275

___Learn to Swim Select below \$125 /session

Session A: June 12-22

9-9:45 a.m. Advanced Swim

10-10:45 a.m. ___Level 1 ___Level 2___Level 3 ___Level 4

11-11:45 a.m. ___Level 1 ___Level 2___Level 3 ___Level 4

12-12:45 p.m. ___Level 1 ___Level 2___Level 3 ___Level 4

1-1:45 p.m. ___Level 1 ___Level 2___Level 3 ___Level 4

Session B: June 26-29, July 10-13

8-8:45 a.m. Advanced Swim

9-9:45 a.m. ___Level 1 ___Level 2___Level 3 ___Level 4

10-10:45 a.m. ___Level 1 ___Level 2___Level 3 ___Level 4

11-11:45 p.m. ___Level 1 ___Level 2___Level 3 ___Level 4

12-12:45 p.m. ___Level 1 ___Level 2___Level 3 ___Level 4

Session C: July 17-27

8-8:45 a.m. Advanced Swim

9-9:45 a.m. ___Level 1 ___Level 2___Level 3 ___Level 4

10-10:45 a.m. ___Level 1 ___Level 2___Level 3 ___Level 4

11-11:45 p.m. ___Level 1 ___Level 2___Level 3 ___Level 4

12-12:45 p.m. ___Level 1 ___Level 2___Level 3 ___Level 4



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



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<p>Level 3 Stroke Development Purpose: To build on skills in Level 2 by providing additional guided practice and encouraging independence and endurance.</p>	<p>PREREQUISITE All skills must be completed independently</p> <ul style="list-style-type: none"> • Stepping from the side into chest-deep water. • Moving into a front float for 5 seconds, rolling to back, floating for 5 seconds, then recovering to a vertical position. • Moving into a back float for five seconds, rolling to front, then recovering to a vertical position. • 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. <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>WILL LEARN:</p> <ul style="list-style-type: none"> • Jumping into deep water from the side. • Swimming the front crawl for 15 yards. • Maintaining position by treading or floating for 30 seconds. • Swimming the elementary backstroke for 15 yards. • Introduction to butterfly.
<p>Level 4 Stroke Improvement Purpose: To develop children's confidence in the strokes learned in Level 3 and to improve other aquatic skills</p>	<p>PREREQUISITE All skills must be completed independently</p> <ul style="list-style-type: none"> • Jumping into deep water from the side. • Swimming the front crawl for 15 yards. • Maintaining position by treading or floating for 30 seconds. • Swimming the elementary backstroke for 15 yards. 	<p>WILL LEARN:</p> <ul style="list-style-type: none"> • Swimming the front crawl for 25 yards. • Swimming the elementary backstroke for 25 yards. • Swimming the breaststroke for 15 yards. • Swimming the back crawl for 15 yards. • Open turns on the front and back. • Swimming the butterfly stroke for 15 yards.



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<p>Advanced Swimming Purpose: Stroke refinement, endurance, swimming fitness, and dives.</p>	<p>PREREQUISITE</p> <ul style="list-style-type: none"> • Swimming the front crawl for 25 yards. • Swimming the elementary backstroke for 25 yards. • Swimming the breaststroke for 15 yards. • Swimming the back crawl for 15 yards. • Open turns on the front and back. 	<p>WILL LEARN:</p> <p>After successfully completing Level 4 and receiving a completion certificate, children are ready for Advanced Swimming. 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>
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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.