



Participant's Name: _____

Parent/Guardian's Name: _____

Step #1 Which class is right for my child?

- Participants must know the skills stated below prior to participating in the class.
- for participants signing up for multiple sessions staff recommends a minimum of two sessions in one level before going to the next level (i.e. Two sessions of level 2 then two sessions of level three)
- for returning participants staff recommends at minimum one session of the class you ended with from the 2008 Summer to start the 2009 Summer (i.e. Participant graduated from level 2 last summer should take one session of level 2 as a refresher)
- staff will assess all participants throughout the summer to ensure the participant is in the appropriate class

Adult/Child participation (ACP) - Child must be accompanied by an adult in the water at all times. The child must be at least 6 months old. Participants pay only one class fee per child + adult combo **Yes / No**

Level 1 - Does meet the pool's minimum height requirement. (see citywide activity guide for pool by pool height requirements) Child is ready for beginning swim lessons. **Yes / No**

If yes to all continue, if no to any of the skills participants should be enrolled for Level 1



Level 3 - Can swim 15 feet on their front (freestyle) and 15 feet on their back (backstroke) without help **Yes / No**

If yes to all continue, if no to any of the skills participants should be enrolled for Level 2



Level 4 - Can swim 15 yards on their front while breathing turns their to the side and does not lift their head forward, swim 15 yards on their back, and tread water for 30 seconds. **Yes / No**

If yes to all continue, if no to any of the skills participants should be enrolled for Level 3



Level 5 - Can swim 25 yards freestyle with side breathing, 25 yards backstroke, 15 yards breaststroke, 15 yards butterfly, 15 yards elementary backstroke and tread water for 1 minute. **Yes / No**

If yes to all continue, if no to any of the skills participants should be enrolled for Level 4



Level 6 - Can swim 50 yards freestyle, 50 yards backstroke, 25 yards breaststroke, 25 yards elementary backstroke, 25 yards sidestroke, 25 yards butterfly and tread water for 2 minutes. **Yes / No**

If yes to all continue, if no to any of the skills participants should be enrolled for Level 5



Junior Life guarding - Must be able to perform level 4 skills or higher **Yes / No**.

Tot Class - Does not meet the pool's minimum height requirement. Child is between the ages of 3 and 5 and is ready for beginning swim lessons. **Yes / No**

Level 2 - Can float on their front & back, and enter & exit the pool without any help. **Yes / No**

Competitive Swim – Must be able to handle endurance based workouts and completed Level 5 **Yes / No**.

Step #2: Which Swim Session(s) are you signing up for?

Session 1
June 22 - July 2

Session 3
July 21 - July 31

Session 2
July 7 - July 17

Session 4
August 4 - August 14

Step #3: Choose which Pool & Time for your class

Now open the Citywide Activity Guide to the Pool that you would like to attend (pages shown below). Now you can view the times that are available for your chosen session(s) and level.

Alviso pg.3 - 4
Biebrach pg.5 - 9
Camden pg.9 - 14
Fair pg.15 - 20
Mayfair pg.21 - 25

Santa Teresa pg.28 - 32
Silver Creek pg.33 - 37
Ryland pg.25 - 27
Willow Glen pg.37 - 42

Step #4: Class Choices

First Class Choice

Course Title	Course #	Fee

Second Class Choice

Course Title	Course #	Fee