

Kingsgate I & II Pool

2010 Summer Swim Lesson Program

Swimming Lessons: Class times are: 10:15 to 10:45, 10:50 to 11:20, & 11:25 to 11:55 AM (Sessions I, II, & III)
 Session I June 21st -- July 2nd
 Session II July 5th – July 16th
 Session III July 19th -- July 30
 Session IV Aug. 2nd – Aug 13th
 Class times for Session IV– 9:00-9:30, 9:35-10:05, 10:10-10:40

Class Fees: The cost is \$50.00 for Members and \$65 Non-Members.

Registrations Registrations will be processed on a first come first serve basis, and payment in full is due at the time of registration. *No registrations will be processed without payment in full.* You may register for any session, but we do require that each family write separate checks for each session for our bookkeeping purposes. ***Members receive first priority for classes up to one week prior to the start of each session.***

Lesson Plan: Ten (10) thirty (30) minute lessons Monday through Friday for two weeks. A minimum of 3 students are required to run a class. No more than 5 students will be in a class with the possible exception of a race class.

Teaching Technique: We stress gentle, positive teaching methods to help swimmers learn water safety as well as water skills.

Cancellation Policy: We teach rain or shine in our heated outdoor pool. No make-up lessons due to sickness or planned vacations.

Questions? For questions regarding the program or assistance with assessing placement levels for your children, please contact our lesson coordinators, Chad Johnson (425-681-2102) or Claire Mortimore (206-498-1694) . For all other questions, please contact Jeanette Stevens, pool manager (425-591-1091).

Registration Form (must be accompanied with payment in full—one form per session)

Children's Names	Age	Session	Class Level
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Check One **Session I**/June 21—July 2 **Session II**/July 5—July 16
 Session III/July 19—July 30 **Session IV**/Aug. 2— Aug. 13

Class Offerings: Pre School 1, 2, 3 (ages 3 to 5) Levels 1,2,3, 4, 5 (ages 6 to 12) Race Class (Advanced)

Parent Names _____
 Home Phone _____ Cell Phone _____
 E-mail address for class confirmation _____
 Mailing Address _____

Office Use Only—Date Received Member Y / N Lot Number _____

Class Level Descriptions

Pre-1	Introduction to the water environment. Instruction is centered on personal safety and water exploration through songs and games. Ages 3 to 6 years.
Pre-2	Use of motor skills while building confidence. Instruction includes front and back floats, front glides, reach and pull arms, and kicking. Ages 3 to 6 years.
Pre-3	Swimming independently. Instruction assists the child to progress to swimming crawl stroke across the pool as well as learning new strokes. Ages 3 to 6 years.
Level 1	Introduction to the water environment. Instruction is centered on personal safety and water exploration. Ages 6 to 12 years.
Level 2	Building confidence on a foundation of fundamentals through the use of motor skills. Instruction includes front and back floats, front glides, reach and pull arms, and kicking. Ages 6 to 12 years.
Level 3	Swimming independently. Instruction progresses to swimming crawl stroke across the pool as well as learning new strokes and dives. Ages 6 to 12 years.
Level 4	Focus on bilateral breathing, advanced strokes, and endurance through continuous swimming and diving. Ages 6 to 12 years.
Level 5	Refinement, technique, and endurance. Instruction will place an emphasis on the four major strokes, diving, flip turns, and swim team terminology. Ages 6 to 12 years.
Race Class	Geared to the competitive swimmer, focusing on turns, diving, and stroke refinement.