



MAILING ADDRESS:  
12819 SE 38th ST, #183  
BELLEVUE, WA 98006

PHYSICAL ADDRESS:  
4445 SOMERSET BLVD SE  
BELLEVUE, WA 98006  
(425) 747-5575

## 2019 Group Swim Lessons

<b>Last Name:</b>			
<b>First Name(s): (adult)</b>			
<b>Home Phone:</b>		<b>Cell Phone:</b>	
<b>Email Address(s):</b>			
<b>Address:</b>			
<b>City:</b>		<b>State / Zip:</b>	

Group lessons are on weekdays for 30 minutes. You sign up by the session you can attend. Kids will be grouped according to ability. Ratio of coach to student is very low for new swimmers and will go up as kids become water safe.

### 2019 Session Details

- Week 1&2: June 24th – July 5th (10 classes) \$150 members / \$200 non-members
- Week 3&4: July 8th – July 19th (10 classes) \$150 members / \$200 non-members
- Week 5&6: July 22nd – August 2nd (10 classes) \$150 members / \$200 non-members

Child Name	Sex	Age as of 6/15/2019	Ability	Lessons Sessions
	<input type="checkbox"/> M <input type="checkbox"/> F		<input type="checkbox"/> Beginner 1 <input type="checkbox"/> Beginner 2 <input type="checkbox"/> Beginner 3 <input type="checkbox"/> Intermediate	<input type="checkbox"/> Week 1&2 <input type="checkbox"/> Week 3&4 <input type="checkbox"/> Week 5&6
	<input type="checkbox"/> M <input type="checkbox"/> F		<input type="checkbox"/> Beginner 1 <input type="checkbox"/> Beginner 2 <input type="checkbox"/> Beginner 3 <input type="checkbox"/> Intermediate	<input type="checkbox"/> Week 1&2 <input type="checkbox"/> Week 3&4 <input type="checkbox"/> Week 5&6

### Important notes:

- There will be practice July 4th,
- Due to high demand and increasing costs we won't be able to provide discounts or prorating for any weeks.
- Due to high demand and increasing costs we also cannot offer makes ups.

### Parent / Guardian Release:

I, parent or guardian of the child(ren) listed on this form, consent for medical care to be provided to him/her. I also give my consent in case I may not be reached, that my child(ren) may receive further medical care at a doctor's office, hospital, acute care clinic or emergency department. The emergency contacts listed below have my permission to transport my child(ren) and to give consent or refuse treatment until I can be reached. As in all active sports, there are risks and hazards, and accidents may occur. I recognize swimming can have inherent risks and I accept the risks in this activity. I agree to Release, Hold Harmless, and Indemnify Somerset Recreation Club, Inc. and its employees, volunteers and officers from all claims, liabilities or costs, which may arise out of participation in this program.

I also acknowledge that from time to time photos, recordings, or videos may be taken of members, guests, student and volunteers engaged in SRC-related activities and used in SRC promotional materials (such as newsletters and web pages) or submitted to local newspapers, publications, and TV stations to promote SRC, recognize member and/or volunteer achievement, and raise money. By signing below, I consent to the use of images or recordings of myself, guests or dependents to be used for public relations, news articles, telecasts, education, marketing, research, inclusion on the website, fund raising, or any other purpose by SRC. I release the SRC, their officers, directors, and employees, and each and all persons involved, from any liability in connection with the taking, recording, or publication of photographs, slides, computer images, videotapes, or sound recordings. Further, I waive all rights to inspect or approve and any claims for payment or royalties in connection with any use of the photos, recordings, or videos. All persons, by use of the facilities and signing below, acknowledge that they have informed their guests of this policy.

<b>Parent / Guardian Signature:</b>			
<b>Printed Name:</b>		<b>Date:</b>	

### Payment Option

Check: Somerset Recreation Club (SRC), 12819 SE 38th St., #183, Bellevue, WA 98006	
<u>Or</u> , Credit Card Number	Exp.
Signature	

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## Swim Level Details:

### SWIM LESSON LEVELS

#### BEGINNER 1:

This session teaches basic water skills including: entry into the water, bubble blowing, rhythmic breathing (bobs), front float, front glide, beginner stroke, back float safety skills. The goal of this class is to push off the wall to the instructor and do the following: front float (5 seconds), front glide with kick 5 feet, beginner stroke 5 feet and float on back unassisted for 5 seconds. Depending on students learning the following skills may be learned: hold breath and fully submerge head, retrieve objects from chest deep water, back float (5 seconds), leveling off from vertical position, flutter kick with board, turning over from front to back.

#### BEGINNER 2:

This session teaches beginner freestyle and beginner backstroke development skills. These skills include freestyle stroke with side breathing, back stroke, elementary backstroke kick, treading water, and standing dives. The goal of this class is to swim crawl stroke with side breathing (15 yds), elementary back stroke kick (10 yds), back stroke, 15 yds, tread water 30 seconds.

#### BEGINNER 3:

This session focuses on increasing endurance by swimming familiar strokes (elementary back, front crawl and back crawl) for greater distances. Students will also have an introduction: breaststroke sidestroke Standing front dive The goal is to complete the following skills: Deep water bobs, standing dives, elementary backstroke (10 yds), sculling on back (15 seconds), front crawl (25 yds), breaststroke kick (10 yards), scissor kick (10 yds), and treading water for 2 minutes.

#### INTERMEDIATE:

At this level, students perform the breaststroke, sidestroke and increase distances of front crawl and back crawl. Students begin to polish strokes with ease, efficiency, power and smoothness over greater distances. Students will be introduced to butterfly, open turns, and flip turns. The goal is to complete the following skills: breaststroke (10 yds), sidestroke (10 yds), swimming underwater (3 body lengths), elementary backstroke (25 yards), dolphin kick (10 yds), front crawl (50 yds), back crawl (50 yds), and perfect the standing front dive.